HEWENS COLLEGE
Hewens Road,
Hayes, Middlesex, UB4 8JP

COLLEGE NEWS

HC0245

FRIDAY 2ND FEBRUARY, 2024

CONTACT US ON | 020 8573 1039 | www.hewenscollege.co.uk | hewenscollege@trhat.org

Home Baking

Our Year 9 students worked towards their home baking skills. Students were very pleased with the outcomes as they played around with the various ingredients such as herbs, spices, cinnamon and nutmeg to help enhance flavours in their pastry cooking. They learnt that using honey instead of sugar makes it a healthier option.

College Drop Off and Collection

Please can we remind parents, guardians and carers not to block the pavements outside or opposite the College as on occasions, our students and other pedestrians have had to walk on the road as a consequence, which is very dangerous.

We appreciate that these are exceptional times in terms of managing access to the schools, however please can we request all parents, guardians and carers to be mindful of others when dropping and collecting children. Thank you

PE Kit

Physical activity is integral to the good health of our students and thus, suitable Physical Education (PE) kit is essential in ensuring that students access the PE national curriculum to its potential, and participate safely and comfortably in physical activity at college. Students are not permitted to attend college in their PE kits on the days they have PE; they must arrive in full college uniform and change for PE on site. It has also come to our attention that a small number of students are attending college without the correct PE kit.

PE is a compulsory activity that all students must take part in and to ensure the safety of students, it is paramount that they wear the correct clothing.

This consists of a red polo shirt, red socks both with the College logo on each item, all of which are compulsory, as well as a pair of trainers (any brand and colour). Students also have the choice of wearing either the Hewens tracksuit or the Hewens shorts; other branded tracksuits and hoodies are strictly prohibited. If students do not attend in their full PE kit, they will not be able to engage in the practical lesson, and will receive the appropriate sanctions in accordance with our policy

February 2024

February	
Monday 12th to Friday 15th	Half Term
Tuesday 27th	Year 8 Options

Week Commencing: *Monday 5th Febrauary*

MENU 2

MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	**Halal**
Meal Choice 2	Beef Meatball Pasta Bake	**Halal**
Meal Choice 3	Beef Meatball Pasta Bake	**Non Halal**
Meal Choice 4	Potato and Cheese Bake	**Vegetarian**
Meal Choice 5	Meatballs with Gluten free Pasta	**Gluten/Dairy Free**
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	*Strawberry Mousse with Fresh Strawberries*	*Fresh Fruit and Yoghurts*
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	**Halal**
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	**Halal**
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	**Non Halal**
Meal Choice 4	Creamy Pasta Bake	**Vegetarian**
Meal Choice 5	Lamb Patty with Rice	**Gluten/Dairy Free**
Vegetables	Peas and White Cabbage	
Dessert Choice	*Chocolate Sponge*	*Fresh Fruit and Yoghurts*
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	**Halal**
Meal Choice 2	Chicken Carbonara with Spaghetti	**Halal**
Meal Choice 3	Chicken Carbonara with Spaghetti	**Non Halal**
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	**Vegetarian**
Meal Choice 5	Baked Jacket Potato with Salad and Beans	**Gluten/Dairy Free**
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	*Fruit Tarts*	*Fresh Fruit and Yoghurts*
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	**Halal**
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	**Non Halal**
Meal Choice 3	Vegetable Tart	**Vegetarian**
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	**Gluten/Dairy Free**
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	*Vanilla Cheesecake*	*Fresh Fruit and Yoghurts*
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	**Halal**
Meal Choice 3	Vegetable and Cheese Pasta Bake	**Vegetarian**
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	**Gluten/Dairy Free**
Vegetables	Peas and Sweetcorn	
Dessert Choice	*Apple Pie*	*Fresh Fruit and Yoghurts*

Please note that all main meals are served with Fresh Vegetables of the Day.
Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily

Hillingdon's Warm Welcome Centres

H4All is delighted to share their Winter Wellness Directory 2024 with you and trusts you will find it useful.

Hewens College: https://www.hewenscollege.co.uk/latest-news/winter-wellness-directory-2024