



## I love you mum, I promise I won't die

We welcomed the DSM Foundation into Hewens College to deliver a powerful play. *I Love You, Mum - I Promise I Won't Die* is a verbatim play told through the words of Daniel Spargo-Mabbs' family and friends. This play demonstrates what happened with 16-year-old Daniel, who died after taking MDMA on a night out with friends. The title refers to Dan's last words to his mother before he left the house and are both haunting and poignant.

This gave an emotional account of the dangers of drugs misuse and a valuable insight to our Year 9 students about choices and its consequences.



## GSK Insight Visit - Monday 11th March, 2024

A group of year 12 students were invited to attend an Insight Visit at GSK House in Brentford on Monday 11th March. They were given the opportunity to do a half-day industry visit, spending time at GSK House where they met a range of employees across different departments. Students were given a tour of the offices and social spaces within the building and were very impressed and excited to see the sleeping pods, gym, games area, food court, cafe and comfortable working spaces for employees. Students had an interactive workshop session in the auditorium where they took part in a speed clinic and had the chance to speak with employees at GSK. They were made aware of various career opportunities on offer at a large Multinational pharmaceutical and biotechnology company such as GSK. The final session on clinical trials was enjoyable and interactive for students who worked very well in their small groups. Students were offered the opportunity to apply for a mentoring programme from which 5 students will be selected for a one-week work experience with GSK.



### Cycling To And From College

Cycling to college, is a very enjoyable and healthy means of transport for students. However, please ensure that the following guidance is taken into consideration when allowing your child to cycle to college


- Students must be competent cyclists and be fully aware of the rules for safe cycling on the road
- Students must show due care and attention and must cycle in a manner that is not dangerous to themselves, pedestrians or other road users
- The bicycle must be maintained in a roadworthy and safe condition
- Students must wear a cycle helmet
- Students must wear fluorescent or reflective clothing
- The bicycle must be equipped with adequate lighting, especially during the winter months or at other times when required
- The bicycle must be wheeled once on the College campus and not ridden so as to reduce the risk of an accident

Once at college students must secure the bicycle with a chain and/or lock in the cycle bay only. The College cannot accept responsibility for theft of bicycles or parts from bicycles, for damage to, or accidents arising from use of bicycles, or for non-compliance with laws relating to bicycles.

### Bedrock Learning

We have invested in a wonderful online programme called Bedrock. This is an online programme where your child can access both non-fiction and fiction texts to improve their reading skills and learn new vocabulary that will enhance the way they read, speak and write across all of their subjects. As your child progresses through the Bedrock curriculum, they will study hundreds of new words. Research has shown that there is a direct link between a student's vocabulary size and their academic achievement. Children with a wider vocabulary make faster progress at school, in further education and beyond. Narrow vocabularies affect directly students' grades. The Bedrock core curriculum is accessed by every year 7 and 8 student during their weekly English lesson. Parents, guardians and carers of Year 7 and 8 will shortly be receiving a letter with their child's log in details. For extra information visit the Bedrock website:

[Bedrock Learning | The award-winning literacy resource for schools | Bedrock Learning](#)

 <h2 style="text-align: center;">March - April 2024</h2>	
March	
Friday 29th	Good Friday
Thursday 28th - Wednesday 17th	Easter break

	<b>Week Commencing: Monday 18th March</b> <b>MENU 3</b>
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MONDAY		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	Non Halal
Meal Choice 4	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 5	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Vegetables	Carrots and Green Cabbage	
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/ Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/ Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	Fresh Fruit and Yoghurts
<i>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</i>		

### E - Safety

The internet is an amazing resource, which enables students to connect, communicate and be creative in a number of different ways on a range of devices. However, students need constant advice and protection when it comes to managing their time online. They need strict guidance to positively and safely access information on the internet, communicate via social networks, use applications and play games. At college, students' online activity is monitored very closely and strict software security programmes are installed to prevent students accessing inappropriate content. We advise parents, guardians and carers to reinforce the important message of staying safe online when they are at home. Please ensure your children understand the rules you put in place to keep them safe. Talk to them on a regular basis about what they are looking at online and ensure that you install appropriate software to support and manage your child's safe use of the internet. Keep your child safe online