

## Year 8 Options

Hewens College held its Year 8 Options Evening on Tuesday 27th February. It was a hugely successful evening with the college packed with eager students and their parents, guardians and carers. The day started with the students engaged in class-based activities, workshops with professionals and an assembly from a careers advisor.

This was followed in the evening, with parents, guardians and carers being given important information and guidance from subject teachers who were on hand to promote their subject and Mrs Littlefair giving a keynote speech about the process.



### 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 25th March</b> <b>MENU 4</b>
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MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	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		

### 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