



## House of Parliament

On Friday 27th September, 27 students from Key Stage 3 and Key Stage 4 visited the Houses of Parliament. The rainy weather did not prevent the students enjoying the sights of London before heading into Parliament, where they completed a workshop on the 'Story of Parliament.' Students enhanced their learning of Citizenship and History, by learning about key events such as the creation of the Magna Carta and Women's suffrage.

Once the workshop was complete, students had the opportunity to experience a guided tour of the House of Commons, the House of Lords and Westminster Hall. Students were allowed to experience the route King Charles III takes when he visits Parliament and also learnt about the role of a Lord or Baroness. Students were able to see where the Prime Minister and the Government take their seats in Parliament to govern the country. All students had a fantastic time, while learning about UK politics.



## Punctuality

We would like to remind parents, guardians and carers of the importance of all students having a positive start to their day by arriving at college at 8:45am. All students are expected to be in college for morning registration at time. If you receive a communication from the College that your child has been late on more than one occasion, please discuss this with them and support them so that they arrive at college on time. Students who are persistently late will be referred to the Educational Welfare Officer.

## College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.

Should there be an opportunity for the College to host an internal event, it is essential that students continue to project a positive image of the College.

As such, all students are required to wear full college uniform in order to participate in special events.


## 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.

 <h1 style="text-align: center;">October 2024</h1>	
September	
Wednesday 16th	Exam Success Evening
Monday 28th - 1st November	Term Holidays

	<b>Week Commencing: Monday 14th October</b> <b>MENU 3</b>	
	<b>MONDAY</b>	
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
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
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		

## Available Support Services - Kooth

Kooth is an anonymous, safe, confidential and nonstigmatised way for young people aged between 11 and 25 to receive counselling, advice and support online. During this difficult time, it is a necessity to provide young people with as much mental health and wellbeing support as possible, thus Kooth works alongside various mental health and local services to provide a fully integrated service to best support young people free of charge. Please visit [\[https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home\]](https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home) for further information.