



Hewens Road,  
Hayes, Middlesex, UB4 8JP



FRIDAY 8TH NOVEMBER, 2024

CONTACT US ON



020 8573 1039



[www.hewenscollege.co.uk](http://www.hewenscollege.co.uk)



[hewenscollege@trhat.org](mailto:hewenscollege@trhat.org)

### Football Match

Sport brings people together. Hewens College and Rosedale College Year 11 students organised a football match on 6th November. The students selected their team and organised training sessions and displayed fantastic leadership. The game was played with great sportsmanship with Rosedale College being the worthy winners. A huge well done to Rosedale College for the win and we look forward to another match very soon.



### Post 16 Open Evening

We had a fantastic Post 16 options evening organised at Rosedale College on Tuesday 5th November. The prospective students alongside their Parents, Carers and Guardians attended the evening with and gained a valuable insight about the courses on offer. The Rosedale Hewens Academy Trust provides their Year 11 cohort with all the necessary tools to prepare them for their next steps in their lives and to make an informed decision for their future. We look forward to the Year 11 applications.



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IF THEY ARE CONCERNED ABOUT THEIR SAFETY PLEASE CALL THE POLICE.



PARENTS, GUARDIANS & CARERS HAVE A PERSONAL SAFETY CONVERSATION WITH THEIR CHILDREN.



WHERE POSSIBLE STUDENTS WALK/TRAVE IN PAIRS OR GROUPS TO AND FROM SCHOOL.



STUDENTS SHOULD HAVE A SET ROUTE TO AND FROM SCHOOL THAT IS DISCUSSED WITH PARENTS, GUARDIANS & CARERS.



WALK DOWN MAIN ROADS/ROUTES THAT ARE WELL LIT. AVOID GOING THROUGH PARKS, ALLEYS OR OTHER UNLIT OR POORLY LIT AREAS.



ENSURE THEY ARE ALERT TO THE ENVIRONMENT AROUND THEM, AVOID WEARING HEADPHONES OR BEING DISTRACTED BY MOBILE PHONES AND OTHER DEVICES.



# Daylight Savings SAFETY PLANS...

## 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.



## November 2024

November	
Tuesday 12th	Rugby Fixtures
Wednesday 13th	Values Day

Week Commencing: *Monday 11th November*

### MENU 3

#### 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

*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.