



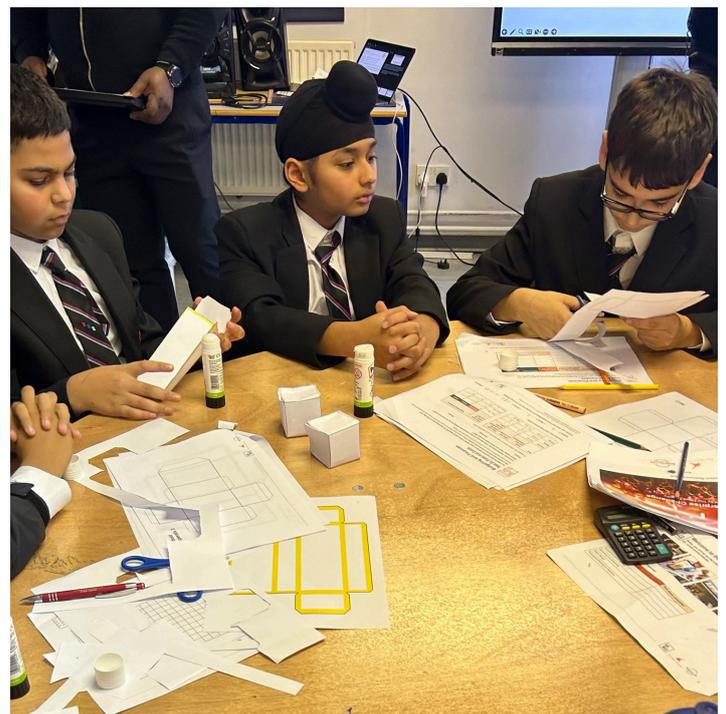
Football Tournament

On Monday 18th November, Hewens College hosted an exciting afternoon of sport, welcoming schools from across the London Borough of Hillingdon to participate in a Year 7 and Year 8 football tournament. It was truly inspiring to see students come together, demonstrating grit, determination, resilience, and excellent sportsmanship throughout the event. A heartfelt congratulations to all students for their hard work and enthusiasm, making the tournament a truly memorable experience for everyone involved.



Maths by Stealth

On Monday 18th November, Year 7 students participated in engaging 'Maths by Stealth' workshops, where they had the exciting task of planning and designing a music concert, through activities such as market research, data interpretation, budgeting, and stage set design. Students gained hands-on experience in applying mathematical concepts. The workshop concluded with a presentation, where they showcased a range of Skills builder abilities, including teamwork, problem solving, and creativity. The students not only enjoyed the experience but also discovered valuable insights into potential career paths and saw first-hand how mathematics plays a crucial role in real-life scenarios.





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/TRAVEL 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.



THE ROSEDALE HEWENS ACADEMY TRUST

Daylight Savings SAFETY PLANS...

Mobile Telephones

Whilst the College accepts that some parents, guardians and carers wish their child to carry a mobile telephone for reasons of personal safety as they travel to and from college, they must remain switched off and kept out of sight during the College day. It is the policy of the College for all Key Stage 3 students to hand their mobile telephones to their form tutors at the beginning of each day.

The telephones are then securely stored until the end of the day when they are returned to the students. Please note that the College will not accept liability for the safe keeping of a mobile phone; it will remain the responsibility of the student at all times.

Use of a mobile phone during college hours will lead to sanctions being imposed, up to and including confiscation.

 <h2 style="font-size: 1.5em;">November - December 2024</h2>	
November	
Friday 22nd	Bank of England Trip
December	
Tuesday 3rd	Stem Wrokshop for year 8



Week Commencing: Monday 25th Novemeber

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	Guorn 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
<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>		

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.