



Hewens Road,
Hayes, Middlesex, UB4 8JP



FRIDAY 15TH NOVEMBER, 2024

CONTACT US ON



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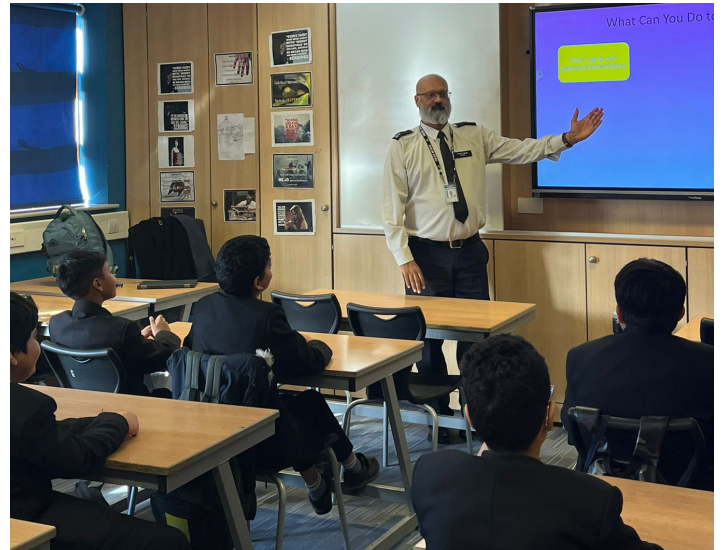
Rugby Fixtures

Hewens College welcomed Rosedale College for a rugby fixture on Tuesday 12th November. This was our first rugby fixture of the season. The game was hard fought with fantastic play from both the teams. It was a very closely contested fixture with Rosedale College grabbing the win in the dying minutes of the match. Hewens College were so close to the draw. The final score was two tries to one. It was great to see our College community come together to play, and both the teams showed grit, determination, resilience and sportsmanship. A very well done to all the students who took part in the game.



Your Life You choose

On Wednesday 13th November students in Year 7 participated in the 'Your Life, You Choose' Workshop. The aim was to develop their knowledge and understanding of staying safe in all walks of society. We had guest speakers from the Metropolitan Police, Crime stoppers, MASH and Prison and Ambulance services. The students were excellent and found the workshop incredibly useful. Throughout every session student remained engaged and enthusiastic about the programme.




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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.



THE ROSEDALE HEWENS ACADEMY TRUST

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 | |
| Thursday 21st | Coping with challenges workshop |
| Friday 22nd | Bank of England Trip |



Week Commencing: *Monday 18th November*

MENU 1

| MONDAY | | |
|---|---|--------------------------|
| Meal Choice 1 | Lamb Curry with Rice | Halal |
| Meal Choice 2 | Teriyaki Chicken with Rice | Halal |
| Meal Choice 3 | Teriyaki Chicken with Rice | Non Halal |
| Meal Choice 4 | Baked Jacket Potato with Various Fillings | Vegetarian |
| Meal Choice 5 | Gluten free Chicken Goujons with Potatoes and Beans | Gluten/Dairy Free |
| Vegetables | Sweetcorn and Green Beans | |
| Dessert Choice | Strawberry Ice Cream and Fresh Strawberries | Fresh Fruit and Yoghurts |
| TUESDAY | | |
| Meal Choice 1 | Spaghetti Bolognese | Halal |
| Meal Choice 2 | Tandoori Chicken Breast with White Rice | Halal |
| Meal Choice 3 | Tandoori Chicken Breast with White Rice | Non Halal |
| Meal Choice 4 | Ratatouille Spaghetti | Vegetarian |
| Meal Choice 5 | Bolognese with Gluten free Pasta | Gluten/Dairy Free |
| Vegetables | Carrots, Peas and White Cabbage | |
| Dessert Choice | Jam Sponge | Fresh Fruit and Yoghurts |
| WEDNESDAY | | |
| Meal Choice 1 | Tuna Pasta Bake | |
| Meal Choice 2 | Chicken Tikka Masala with Rice | Halal |
| Meal Choice 3 | Chicken Tikka Masala with Rice | Non Halal |
| Meal Choice 4 | Macaroni Cheese | Vegetarian |
| Meal Choice 5 | Lightly Spiced Chicken Breast with Rice | Gluten/Dairy Free |
| Vegetables | Broccoli and Cauliflower Florets | |
| Dessert Choice | Lemon Tart | Fresh Fruit and Yoghurts |
| THURSDAY | | |
| Meal Choice 1 | Mexican Chilli Mince Wraps | Halal |
| Meal Choice 2 | Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing | Halal |
| Meal Choice 3 | Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing | Non Halal |
| Meal Choice 4 | Cauliflower and Broccoli Cheese Bake | Vegetarian |
| Meal Choice 5 | Turkey Escalope with Potatoes and Gluten free Gravy | Gluten/Dairy Free |
| Vegetables | Mushy Peas and Sweetcorn | |
| Dessert Choice | Strawberry Jelly | Fresh Fruit and Yoghurts |
| FRIDAY | | |
| Meal Choice 1 | Fish Fingers with Oven Baked Potato Wedges | |
| Meal Choice 2 | Tomato Pasta Bake | Vegetarian |
| Meal Choice 3 | Gluten free Fish Fingers with Gluten free Potato Wedges and Beans | Gluten/Dairy Free |
| Vegetables | Baby Carrots and Peas | |
| Dessert Choice | Fresh Fruit Salad | 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.