

## STEM Programme

Hewens College welcomed members from SPARK and volunteers from Heathrow airport who delivered a Heathrow STEM Generation workshop to Year 8 students. The main aim of the workshop is bringing careers at Heathrow to life (focusing on engineering, but with an awareness of the vast array of careers available) as well as using the Skillsbuilder framework to cover the skills required by employers. The students participated in an interactive challenge where they worked in teams to code a BBC microbit to navigate a Move Motor vehicle across an A2 map of Heathrow Terminal 5. Students were very engaged throughout the 2-hour session and did well in attempting to programme the vehicle to navigate the set path. This was a fantastic opportunity for students to be connected with one of the largest employers in West London, questioning the volunteers, as well as developing their skills to support their decision making for GCSE options.



## Hate Crime

Hewens College welcomed Mr Anwar from @hillingdoncouncil, who gave an excellent presentation on the important topic of Hate Crime to our Year 8 students. Our students were focused and asked insightful questions throughout the presentation. The workshop was very engaging and provided invaluable information to our students for developing life skills and knowledge of becoming a positive member of the society.



### Hewens College presents... Dhol Classes

We are excited to announce that Beat Alliance Academy has landed @ Hewens College!

Step into the rhythmic world of Dhol and immerse yourself in the vibrant beats that resonate through all cultures and celebrations! Join us at Beat Alliance Academy @ Hewens College, where creativity meets expertise under the mentorship of the talented Hardev Singh Khamba, a master of this art, with a rich legacy of over 25 years in crafting a class accessible to all - The Beat Alliance Academy! Classes will be held each Monday at 7pm to 9pm. All ages welcome above 5 Years old. Hurry and book your first FREE lesson, the first class will start this Monday 20th January!

For more information please visit our website: <https://www.hewenscollege.co.uk/beat-alliance-academy>



**HEWENS COLLEGE**



**THE ROSEDALE HEWENS ACADEMY TRUST**



**REGISTER NOW**

**FIRST DHOL LESSON FREE!**

**EVERY MONDAY**

**7pm to 9pm**


**Hewens College presents... Dhol Classes with World-Renowned Artist Hardev Singh Khamba!**



**BEAT ALLIANCE**

MUSIC • EVENTS • EDUCATION

[www.hewenscollege.co.uk/beat-alliance-academy](http://www.hewenscollege.co.uk/beat-alliance-academy)


|   |                         |
|---|-------------------------|
|  <p style="font-size: 2em; font-weight: bold;">January 2024</p> |                         |
| January   |                         |
| Monday 20th   | Blue Monday             |
| Tuesday 21st  | Bank of England Speaker |

|  |  |
|--|--|
|  | <p><b>Week Commencing: Monday ..... September</b></p> <p style="font-size: 1.5em; font-weight: bold;">MENU 3</p> |
|--|--|

| 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 |
| <p><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></p> |   |                          |

### Big Energy Saving Week Next Week – Tips to Reduce Energy Consumption at Home!

We are dedicated to minimising energy consumption within our college, and we are currently surpassing our targets to achieve net zero by 2050! We look forward to sharing our progress next week, so stay tuned online for the latest updates. In the meantime, here are some tips for reducing energy consumption at home. Visit our website for more information: <https://www.therosedalehewensacademytrust.co.uk/energy-saving-tips>



**ENERGY SAVING TIPS @ HOME!**

**LIGHTING**

Turn off lights when you leave a room, and replace incandescent bulbs with LED bulbs.

**WATER**

Take shorter showers instead of baths, and fix dripping taps.

**HEATING**

Turn off radiators in rooms you aren't using, and keep radiators and heaters clean. You can also upgrade your boiler to a more energy efficient model.

**WINDOWS AND DOORS:**


Install double glazing, and draught-proof doors and windows.

**CURTAINS**

Close curtains and blinds in the winter to keep warm air in and cold air out.

**INSULATION**

Insulate your loft, roof, cavity walls, and hot water tanks.



**APPLIANCES**