

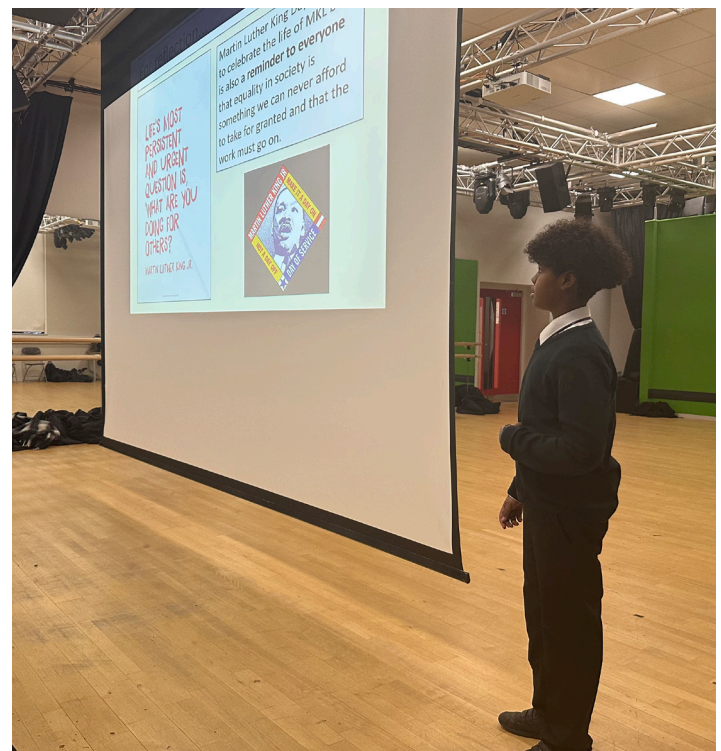
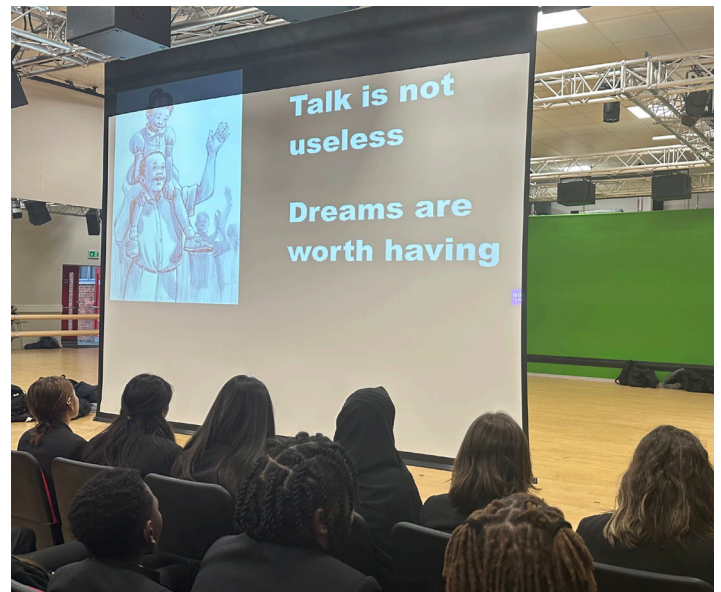
Holocaust Memorial Day

Our Year 9 students had an insightful and thought provoking presentation from Generation 2 Generation, a Holocaust Education Charity. Holocaust Memorial Day is an international day of remembrance, held on on January 27th. The students watched and heard emotional interviews along with the live commentary of the presenter.



Student Assemblies

Student led assemblies develop confidence in public speaking and develop leadership. Well done to our EL Alliance students who planned and delivered an excellent assembly on the inspirational Martin Luther King. The Year 8 students were very confident in their presentation and the Year 10 students were very attentive and encouraging throughout the assembly.



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>






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


	January 2024
January	
Monday 27th	Trip to Buddhist Temple
Tuesday 28th	KISS Programme

	Week Commencing: <i>Monday 27th January</i> MENU 4
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MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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		

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.

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

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

FREEZER
Defrost your freezer every six months.

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

WINDOWS AND DOORS
Install double-glazing, and draught-proof doors and windows.

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

APPLIANCES
Choose appliances with good energy ratings, and switch them off when you're not using them. You can also run machines at lower temperatures.

