



London Buddhist Vihara


This week, Year 8 students had the wonderful opportunity to visit the London Buddhist Vihara as part of their Religious Education curriculum. The trip provided a deeper insight into the teachings and practices of Buddhism, as well as an introduction to the life of the Buddha, guided by a Buddhist monk from the temple. During the visit, students participated in a calming three-minute mindfulness exercise designed to help relax the mind and foster a sense of peace. It was an enriching experience, and students thoroughly enjoyed learning more about this fascinating faith and its practices.




Children's Mental Health Week

Place2Be's Children's Mental Health Week 2025 is joining forces with Here4You to explore the importance of self-awareness and expressing emotions. Here4You is supported by The Walt Disney Company, and through the characters of Pixar's Inside Out and Inside Out 2, they have produced resources to encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop. Help us explore the theme of Know Yourself, Grow Yourself. Visit our website for top tips and creative activities to enjoy with your children at home <https://www.therosedalehewensacademytrust.co.uk/place-2-be-know-yourself-grow-yourself>



 <h2 style="text-align: center;">February 2025</h2>	
February	
Monday 3rd - Sunday 9th	Children's Mental Health Week
Tuesday 11th	Safer Internet Day
Thursday 13th	World Radio Day
Friday 14th	Valentines Day

	Week Commencing: Monday 3rd February 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		

NEW - Aim High - SEND Youth Forum

Aim High is a new forum for children and young people with Special Educational Needs and Disabilities (SEND). Aim High meets on the second Tuesday of every month, from 4.30pm to 6pm, at the Civic Centre, Uxbridge, UB8 1UW.



Visit our website or the Hillingdon.Gov website to book a spot!

<https://www.hewenscollege.co.uk/aim-high-send-youth-forum>



Aim High

Join our new forum for children and young people with Special Educational Needs and Disabilities (SEND).
Help shape SEND services in the borough.
Find out more and sign up at www.hillingdon.gov.uk/send-youth-forum

www.hillingdon.gov.uk