



Hewens Road,  
Hayes, Middlesex, UB4 8JP



FRIDAY 21ST NOVEMBER, 2025

CONTACT US ON



020 8573 1039



[www.hewenscollege.co.uk](http://www.hewenscollege.co.uk)



[hewenscollege@trhat.org](mailto:hewenscollege@trhat.org)

### Anti Bullying Diana Award

Ten fortunate students from Hewens College had a fantastic day training as Anti-Bullying Ambassadors! An early start and a journey to North London proved more than worthwhile, as our dedicated team participated in an inspiring programme delivered by the Diana Award Anti-Bullying initiative. This remarkable organisation works tirelessly to prevent and address bullying while offering vital support to those who experience it.

We are incredibly proud of our students. Throughout the day, they demonstrated exceptional engagement, insight, and thoughtfulness, representing Hewens College with maturity and enthusiasm. We look forward to witnessing the positive impact they will make within our college community as they champion kindness, respect, and inclusion.



FOLLOW US ON



@hewenscollege1



@HewensCollege

**Don't Miss Fame Jr. – Book Your Tickets Today!**

Get ready for an unforgettable evening of music, dance, and pure energy as our talented Performing Arts students bring the iconic story of Fame Jr. to life on stage! This inspiring show celebrates dreams, determination, and creativity, and promises high-energy performances packed with iconic songs. Join us at Hewens College on Tuesday 2nd, Wednesday 3rd, and Thursday 4th December 2025 at 7:00 PM. Tickets are just £5 for adults and £3 for children, but seats are limited – so secure yours now and support our incredible students!

Book your tickets here:

<https://www.therosedalehewensacademytrust.co.uk/fame-jr-performing-arts-show>



**Parent, Guardian and Carer Programmes in Hillingdon**

Discover a wide range of free, expert-led programmes designed to support parents, guardians and carers at every stage of their child's development. From antenatal workshops to tailored sessions for families navigating separation, or adolescence. The document below outlines practical, inclusive, and accessible support available across Hillingdon. Whether you're preparing for a new arrival or looking for strategies to strengthen family relationships, explore what's on offer and find the right course for your needs. All courses are free and led by qualified and trained practitioners. Visit our website to view more details of the programmes:

<https://www.therosedalehewensacademytrust.co.uk/parent-guardian-and-carer-programmes-in-hillingdon>

|  |                |
|--|----------------|
|  <p style="font-size: 2em; text-align: center;">Decemeber 2025</p> |                |
| December   |                |
| Tuesday 2nd- Thursday 4th  | Christmas Show |

|   |  |
|---|--|
|  | <p><b>Week Commencing: Monday 24th November</b></p> <p><b>MENU 4</b></p> |
|---|--|

| 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 |   |                          |

**Kooth**

Kooth is an anonymous, safe, confidential and non stigmatised 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>) for further information.