

Christmas Cookies

The countdown to Christmas is well underway in the Technology Alliance, and our Year 7 students have truly embraced the festive spirit. This week, they explored the exciting intersection of culinary arts and graphic design, crafting beautifully decorated Christmas cookies along with their own bespoke packaging.

We couldn't be prouder of our talented Year 7s. Throughout the project they demonstrated:

- Precision in following recipes and accurately measuring ingredients;
- Creativity in designing unique cookie decorations and packaging;
- Resilience as they learned and mastered new techniques;
- Outstanding teamwork from start to finish.

Their enthusiasm, skill, and dedication have shone through every step of the process. Year 7 should feel incredibly proud of their achievements.



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

	<p>Week Commencing: Monday 1st December</p> <p>MENU 1</p>
---	---

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		

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.