



Hewens Road,
Hayes, Middlesex, UB4 8JP



FRIDAY 6TH FEBRUARY 2026

CONTACT US ON



020 8573 1039



www.hewenscollege.co.uk



hewenscollege@trhat.org

Hewens College Career Day 2026

Hewens College recently hosted a highly successful Career Day, providing students from Hewens College and De Salis Studio with the opportunity to meet and engage with a wide range of universities, colleges, employers, and industry professionals. The event welcomed representatives from Higher Education, the Armed Forces, engineering, and the creative industries, all of whom shared valuable insight and practical advice about future education and career pathways. Students demonstrated confidence and curiosity throughout the day, asking thoughtful questions, building connections, and developing important communication and networking skills. The College was also honoured to welcome the Mayor of Hillingdon, who met with students and showed support for the opportunities being created for young people within the local community. The College would like to extend sincere thanks to all visiting organisations for their time and commitment.



FOLLOW US ON



@hewenscollege1



@HewensCollege

Children's Commissioner – A Guide For Parents On Managing Children's Digital Lives

We would like to inform parents, guardians and carers about a new guide published by the Children's Commissioner for England, "What I Wish My Parents or Carers Knew: A Guide for Parents on Managing Children's Digital Lives." The guide explores the challenges young people face growing up in a digital world and offers practical advice to help families navigate children's everyday online habits. Developed with direct input from children and young people across England, it highlights their desire for firm, informed boundaries around smartphone and internet use, as well as the importance of parents staying engaged and protective when they are concerned about what their child may be viewing online. With schools across the country reporting increasing worries about online safety, this guide aims to support parents, guardians and carers and schools in working together to keep children safe. We encourage all families to read the guide which can be found on our website:


<https://www.therosedalehewensacademytrust.co.uk/childrens-commissioner-a-guide-for-parents-on-managing-childrens-digital-lives>

PE Kit

Physical activity is integral to the good health of our students and thus, suitable Physical Education (PE) kit is essential in ensuring that students access the PE national curriculum to its potential, and participate safely and comfortably in physical activity at college. Students are not permitted to attend college in their PE kits on the days they have PE; they must arrive in full college uniform and change for PE on site. It has also come to our attention that a small number of students are attending college without the correct PE kit. PE is a compulsory activity that all students must take part in and to ensure the safety of students, it is paramount that they wear the correct clothing. This consists of a red polo shirt, red socks both with the College logo on each item, all of which are compulsory, as well as a pair of trainers (any brand and colour). Students also have the choice of wearing either the Hewens tracksuit or the Hewens shorts; other branded tracksuits and hoodies are strictly prohibited. If students do not attend in their full PE kit, they will not be able to engage in the practical lesson, and will receive the appropriate sanctions in accordance with our policy.

Year 9 Booster Vaccinations

On Friday 13th February, the NHS Immunisation Team will carry out the Human Papillomavirus (HPV) booster vaccinations on our students in Year 9. This dose will be the second of two doses and will only take place for students who have returned their approved consent forms. If you have any questions about this, please do not hesitate to contact the College reception.

 <h2 style="text-align: center;">February 2026</h2>	
February	
Thursday 12th	SEND Careers Fair
Friday 13th	Year 9 Vaccinations
Monday 16th - Friday 20th	Half Term

	Week Commencing: Monday 8th February MENU 2
---	--

MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<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>		

Medical Appointments

Whenever possible, medical appointments for students should be made outside of college hours. However, when it is not possible to get an appointment outside of college hours, please inform your child's form tutor in writing and in advance of the appointment. It is important to include in your written note to the form tutor if you are collecting your child or if they have your permission to leave college unaccompanied.