

Year 7 disco

What an absolutely fabulous evening! Our incredible Year 7 students totally owned the dance floor, with epic dance battles, seriously impressive choreographed routines, and, most importantly, plenty of fun and laughter.

Events like this are a fantastic way for our new Year 7 students to break the ice, make new friends and get to know their classmates as they begin their journey at Hewens College. A huge thank you to the legendary Mr Sholola and Mr Hussein for keeping the music going and the atmosphere buzzing. It turns out we have some seriously talented and seasoned DJs at Hewens College!

Well, done to all our Year 7 students for making it such a memorable evening. We can't wait to see what the rest of the year brings!



Free NHS flu vaccinations at school

Help protect your child and those around them from flu this winter. The NHS School Aged Immunisation Service will be offering eligible children their free flu vaccination at school. Getting vaccinated helps protect your child and can also reduce the spread of flu to family, friends and the wider community. A porcine-gelatin-free injectable alternative to the nasal spray is available for families who prefer this option.

For more information visit our website: <https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-nhs-flu-vaccination-at-school>



A porcine-free flu vaccine is available

Protect your child from flu this winter

Your child will be offered a **free** NHS flu vaccination as part of the school-aged vaccination programme.

The vaccine usually offered to children is a nasal spray. The nasal flu vaccine contains a small amount of porcine gelatine.



You do not have to choose the nasal spray - a porcine-free alternative is available.



PREFER A VACCINE WITHOUT PORCINE GELATINE?

A **porcine-free** injectable flu vaccine is also available.

If you do not want your child to receive a vaccine containing porcine gelatine for religious, cultural or personal reasons, you can request the injectable flu vaccine instead.



TWO VACCINE OPTIONS

NASAL SPRAY



- Given as a quick spray into each nostril
- The preferred vaccine for most children
- Contains a small amount of porcine gelatine
- No needle is needed

INJECTABLE VACCINE



- Given as an injection, usually in the upper arm
- Does not contain porcine gelatine
- Available for children who cannot have, or whose parents prefer not to have, the nasal spray

WHY VACCINATE AGAINST FLU?

Flu can make children very unwell and can spread easily at school and at home.

- Protect them from flu and its complications
- Reduce the chance of flu spreading to family and friends
- Protect people who may be more vulnerable to becoming seriously ill

HOW DO I CHOOSE THE PORCINE-FREE VACCINE?

When you receive your child's flu vaccination consent form, complete it as instructed and select the injectable flu vaccine if you would prefer the porcine-free option.

If you have questions or need help completing your child's consent, please contact the Vaccination UK team.



VACCINATED AT SCHOOL | PROTECTED FOR WINTER

WWW.SCHOOLVACCINATION.UK



 September 2026	
September	
Thursday 24th	Open evening
Friday 25th	Mcmillan Coffee Morning

		Week Commencing: <i>Monday 21st September</i>	
MENU 4			
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	<i>Raspberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Jam and Coconut Sponge</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Vanilla Ice Cream with Peaches</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Chocolate Sponge</i>	<i>Fresh Fruit and Yoghurts</i>	
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	<i>Custard Tart</i>	<i>Fresh Fruit and Yoghurts</i>	
<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>			

Open Evening

On Thursday 24th September we will be hosting our annual Year 7 Open Evening to all our prospective Year 7 students, starting at 5:30pm with the Principal's speech at 6:30pm. The evening provides students and their parents, guardians and carers with the opportunity to discover first-hand what is on offer at Hewens College. We also encourage you to read our prospectus and follow our social media channels for an insight into life at Hewens College