



FRIDAY 22ND OCTOBER, 2021

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Visit to the Army Reserve Centre

On Monday 18th and Tuesday 19th October, Year 8 students visited the Army Reserve Centre in Southall, organised in conjunction with Education Development Trust, to gain an insight into various curriculum areas related to Science, Technology, Engineering and Mathematics (STEM). The students engaged in various exercises, from taking part in a talk about the various career opportunities in the Army to completing team building activities which used their critical thinking and coordination skills required to work as a team. They learnt and carried out basic first aid procedures by checking for a pulse in their arm, applying a bandage to a wound, before learning how to stop a catastrophic bleed!

Students also developed their cooking skills by making pizzas, which they thoroughly enjoyed. The whole experience allowed the students to gain a greater insight into the transferable skills that can be applied at college and in their later life.





Textiles Fun

Monstrous creatures have been seen emerging from our Textiles department this week! Year 7 students were introduced to core textile skills of applique and embroidery and have been using their creative design skills to design and create frightening monster felt toys as part of their latest textiles project.



Brilliant Parents Support Programmes

Brilliant Parents are working with the London Borough of Hillingdon to provide support to parents, guardians and carers who reside in the borough and require help with their children's behavioural and emotional needs, offering free parenting programmes to enable you to feel more confident and competent with your parenting.

The programmes will be delivered via Zoom and face-to-face, however, will not be delivered during the half term. Please visit the Additional Support section on our Mental Health and Wellbeing page via https://www.hewenscollege.co.uk/213/mental-health-and-wellbeing for more information and for access to the self-referral form which will need to be completed and submitted if you are interested in attending any of the programmes.

One Little Girl. One Big Hope - The Walk

Little Amal is a 3.5 metre marionette representing a nine year old Syrian refugee girl who has fled her war-torn country, embarking on a remarkable journey in search of her mother. She has traversed Europe for over four months, voyaging from Turkey and has reached UK shores in the final leg of an 8,000 kilometre journey, with the hope that 'The Walk' will bring much-needed attention to all those who seek refuge and shine a light on the millions of displaced refugee children Amal represents.

Little Amal will arrive at London on Saturday 23rd October where she will visit some of London's iconic landmarks including St Paul's Cathedral and Shakespeare's Globe before celebrating her 10th birthday with us at Camden Town on Sunday 24th October where the Roundhouse have planned a birthday party and concert in her honour as she bids farewell to London. For more information and to support Little Amal's journey, please visit

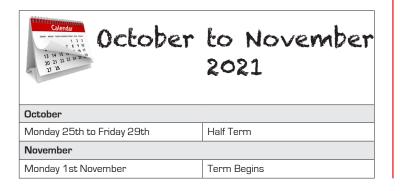
[https://www.walkwithamal.org/].

iPayimpact

Please be reminded to check your child's iPayimpact account and ensure it is topped up with sufficient funds so that your child is able to order lunch and purchase food and drink items at break times.

Half Term

The College will be closed from Monday 25th to Friday 29th October for the half term holiday. Please note that college finishes for all students at the normal time on Friday 22nd October and recommences at 8:45am on Monday 1st November.





Week Commencing: Monday 1st November

MENU 1

MONDAY	1 10 N B		
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
WEDNESDA	Y		
Meal Choice 1	Tuna Pasta Bake		
Meal Choice 2	Chicken Tikka Masala with Rice		Halal
Meal Choice 3	ice 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			J
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	Frank	Fruit and Yoghurts

Urgent Mental Health Support - 24/7 Crisis Lines

Students, young people and their families can access free help, advice and urgent mental health support from 24/7 crisis telephone lines available in every London borough. Every NHS mental health trust in London has put these in place, so students, young people and their families can get help quickly when they need it. Professionals are also able to access these crisis lines if they are concerned about or would like advice about a student, young person or family. The crisis lines are supported by trained mental health practitioners, who can offer advice and signpost other sources of support as needed. Please visit the Urgent Mental Health Support section on our college's Mental Health and Wellbeing page via https://www.hewenscollege.co.uk/213/mental-health-and-wellbeing) for a brief information pack with details of these crisis lines as well as other support available.