HEWENS COLLEGE
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# COLLEGE NEWS

HC0155

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.

October to November 2021

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|---|---|
| **October** | |
| Monday 25th to Friday 29th | Half Term |
| **November** | |
| Monday 1st November | Term Begins |

**Week Commencing:** *Monday 1st November*

**MENU 1**

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|---|---|---|
| **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***

## 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.