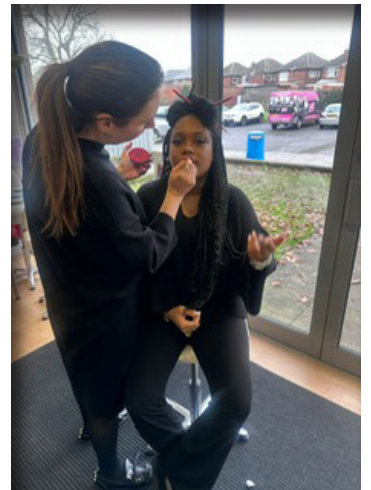
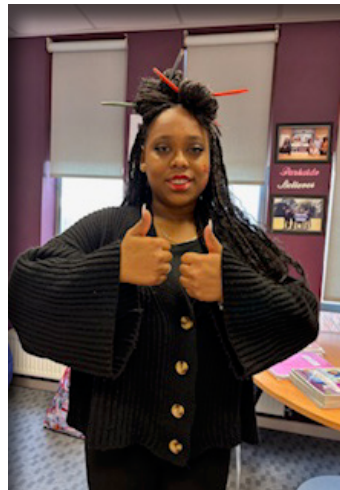


Parkside Chinese New Year Extravaganza

At Parkside, our talented Hair and Beauty students have been hard at work creating stunning hairstyles inspired by the beauty and elegance of the Chinese New Year, from intricate updos adorned with chopsticks to the mesmerising Geisha make up, their creativity knows no bounds. Students had a lot of fun and were able to gain knowledge about beauty and make up from other cultures. Well done.



Hewens College presents... Dhol Classes with World-Renowned Artist Hardev Singh Khamba!

We are excited to announce that Beat Alliance Academy has landed @ Hewens College!

Step into the rhythmic world of Dhol and immerse yourself in the vibrant beats that resonate through all cultures and celebrations! Join us at Beat Alliance Academy @ Hewens College, where creativity meets expertise under the mentorship of the talented Hardev Singh Khamba, a master of this art, with a rich legacy of over 25 years in crafting a class accessible to all - The Beat Alliance Academy!

Classes will be held each Monday at 7pm to 9pm. All ages welcome above 5 Years old. Hurry and book your first FREE lesson, the first class will start this Monday 20th January! For more information please visit our website: [\[https://www.hewenscollege.co.uk/beat-alliance-academy\]](https://www.hewenscollege.co.uk/beat-alliance-academy).

Big Energy Saving Week Next Week – Tips to Reduce Energy Consumption at Home!

We are dedicated to minimising energy consumption within our school/college, and we are currently surpassing our targets to achieve net zero by 2050! We look forward to sharing our progress next week, so stay tuned online for the latest updates. In the meantime, here are some tips for reducing energy consumption at home.

Visit our website for more information: [\[https://www.therosedalehewensacademytrust.co.uk/energy-saving-tips\]](https://www.therosedalehewensacademytrust.co.uk/energy-saving-tips).

Quote of the Week

“Every morning you have two choices: continue to sleep with your dreams or wake up and chase them”.

Carmelo Anthony

	Week Commencing: Monday January
	MENU 1

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
<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>		

	February to March 2025
February	
Friday 7th	Year 9 DTP/MenACWY Immunisations Session 1
Tuesday 11th	Media Trip to Elstree Studios
Monday 17th to Friday 21st	Enrichment Week
March	
Monday 3rd to Friday 7th	Year 11 Trial 2 Examinations