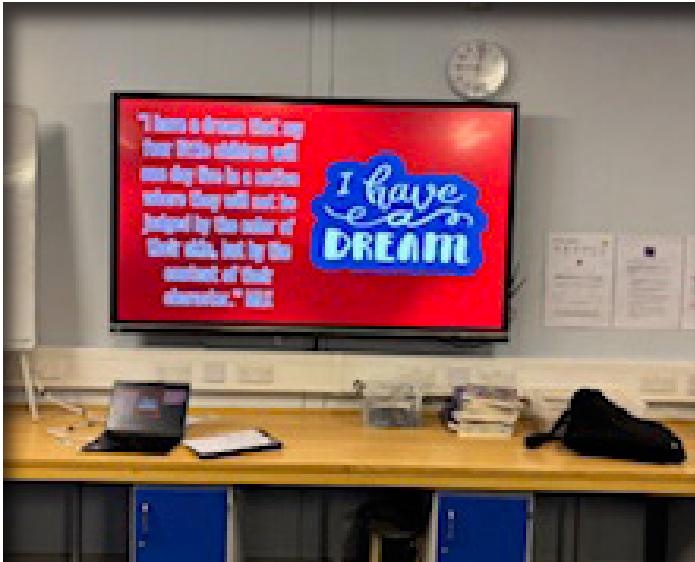




Parkside Weekly Assembly!



On Wednesday 22nd January, Mr Fagon delivered an 'Importance of Individual Liberty' assembly.

The assembly was truly enlightening, and delved into the important topic of stereotyping and the dangers it poses. The topic also explored unconscious bias and how it can affect our daily interactions. A huge thank you to Mr Fagon for leading such an insightful session, lets all be more aware and inclusive in our thoughts and actions.



Upcoming Enrichment Week

Please be reminded that Monday 17th to Friday 21st February is Enrichment Week. Students in Years 9, 10 and 11 will be invited to attend Intervention/Enrichment Sessions if they need to catch up on coursework or need any other support. Letters will be sent home to parents, guardians and carers, informing them of what the week will entail. If you have any questions or require any further information, please contact the College on 0208 573 2097 ext 2.

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).

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



BEAT ALLIANCE

MUSIC • EVENTS • EDUCATION

www.hewenscollege.co.uk/beat-alliance-academy

Quote of the Week

'My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style'.

Maya Angelou

	Week Commencing: Monday 27th January
	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	Guorn 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>		

	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