



## Back to The Future Trip

On Thursday 12th December 2024, thirty excited Year 7 and 8 students, and three even more-excited teachers headed off to the West End to experience the phenomenal Back to the Future musical in a pre-Christmas treat organised by the English Alliance.

This festive Christmas trip to London, provided a memorable experience for all who attended. On our way from the train station to the Adelphi Theatre on the Strand, we were able to include a visit to the iconic Trafalgar Square, with its magnificent fountains and famous Nelson's Column. Students marvelled at the grand Christmas tree, a gift from Norway in honour of Britain's support during World War II. The square was beautifully adorned with festive decorations, and the atmosphere was filled with holiday cheer. Students took in the sights, with many posing for photos by the fountain and enjoying the seasonal decorations. The Square also offered a chance for students to see nearby attractions such as the National Gallery, adding an educational touch to the outing.

After enjoying the sights of Trafalgar Square, we made our way to the Adelphi Theatre for the matinee performance of the smash-hit Back to the Future: The Musical. The show, based on the popular 1985 film, was a thrilling experience that captivated the entire group. It was great nostalgia for those old enough to remember the original film, and contained enough stunning visuals, memorable songs, and energetic performances, to appeal to a new generation of fans.

Students were particularly excited by the iconic DeLorean time machine, which appeared on stage in a dazzling display of special effects. The musical's catchy songs and humorous moments made it an unforgettable experience, blending nostalgia with modern entertainment.

The trip was a wonderful blend of holiday spirit, culture, and entertainment, offering students a chance to enjoy both the historic beauty of London and a vibrant theatrical performance. It was a festive, fun-filled day that will surely be remembered by all who attended. We can't wait to see you all in the Spring term for our next theatre extravaganza.



## Dhol Classes



**REGISTER NOW**  
**FIRST DHOL LESSON FREE!**  
**EVERY MONDAY**  
**7pm to 9pm**

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




[www.hewenscollege.co.uk/beat-alliance-academy](http://www.hewenscollege.co.uk/beat-alliance-academy)

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We are excited to announce that Beat Alliance Academy has landed at 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 at 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>

 <p style="text-align: center;"><b>JANUARY 2025</b></p>	
JANUARY	
24th January	International Day of Education
25th January	Burns Night
29th January	Chinese New Year
30th January	Year 11 Epping Forest Field Trip

## Energy Saving Tips

We are dedicated to minimising energy consumption within our 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>

	Week Commencing: <i>Monday 27th January</i>
	<b>MENU 4</b>

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	Raspberry Jelly	Fresh Fruit and Yoghurts
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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Chicken with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Chicken with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Chicken with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
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	Chocolate Sponge	Fresh Fruit and Yoghurts
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	Custard Tart	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		