



Year 6 Army Team Building

On Tuesday 17th May, the Year 6 children took part in an Army Team Building session which saw them working together under army conditions whilst providing them with some relief after their SATs last week.

The children were given a Science, Technology, Engineering and Mathematics (STEM) activity by the soldiers and were divided into groups. Each group was given a bag of various items including screens, nuts and bolts and from this, they were to build a communications tower reaching a height of 1.2 meters. The children had to demonstrate strong teamwork skills in working collaboratively with their peers to build their tower without instructions or a diagram. The session helped to not only promote teamwork amongst the children but also communication skills, as well as build on their STEM skill set.

The children very much enjoyed this activity, asking the soldiers lots of questions and did really well in building their communications towers!



Year 5 Pedestrian Training

On Friday 13th May, the Year 5 children took part in Pedestrian Training delivered by the STARs team. The children were split into small groups and learnt about the different hazards on the roads as well as how to keep themselves safe when walking on the pavements and crossing roads, particularly busy ones. Once they had received their initial training, the children ventured out onto the local roads around the primary school to put into practice all they had learnt.

We hope that by taking part in the Pedestrian Training, this will encourage more children to travel to school sustainably (walking, biking, scooting etc.) as they will feel more confident about travelling along our roads.



Free Guided Cycle Rides

To make the most out of summer this year, the London Borough of Hillingdon have organised free guided cycle rides from **Sunday 22nd May to Sunday 21st August**, designed to allow you to ride at your own pace, increase heart rate and improve well-being. The ride leaders are employees of Hillingdon Council and are keen cyclists who have been trained to guide groups of people.

Upcoming rides include family cycle rides, medium cycle rides and medium-long cycle rides; all routes will be fun, safe and interesting with the distance, duration and terrain of the ride varying according to the type of ride. For more information about the available dates and to book your place, please visit (<https://www.hillingdon.gov.uk/article/5202/Guided-cycle-rides>).



Young Voices - Monday 23rd May

On **Monday 23rd May**, some Year 5 children will be taking part in the Young Voices Choir at the O2 arena. Please make sure your child is in school on time and in full and correct uniform. This is a long day for the children so please ensure you provide your child with a packed lunch and some teatime food and drinks for the day. Thank you.

<p style="text-align: center;">MAY TO JUNE 2022</p>	
MAY	
Monday 23rd	Young Voices Concert at the O2 Food Bank Collection
Friday 27th	End of Half Term - School Finishes
Monday 30th May to Friday 3rd June	Half Term
JUNE	
Monday 6th	Term Begins - School Starts at 8:30am

	Week Commencing: Monday 23rd May MENU 1
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MONDAY		
Meal Choice 1	Chicken Goujons with Homemade Oven Baked Potato Slices and Beans	Halal
Meal Choice 2	Chicken Goujons with Homemade Oven Baked Potato Slices and Beans	Non Halal
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 4	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Ratatouille Spaghetti	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 3	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 4	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
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
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

Summer Food Bank Collection - Donating Items

Rosedale Primary School have a long-standing connection with the Hillingdon Foodbank and as such, we would like to begin collecting items which could be donated over the summer months. It is more important than ever for us to be able to donate to the Food Bank and support our local community given these uncertain times, no matter how big or small the donation. We would appreciate donations of any items from the list below:

- Cereals
- Soups
- Baked Beans
- Tinned Tomatoes
- Canned Meat
- Canned Fish
- Tinned Fruits
- Biscuits
- Sugar
- Pasta
- Tea or Coffee
- Toiletries
- Toilet Roll
- Fruit Juice
- Long Life Milk
- Rice
- Jam/Honey
- Dried Mashed Potatoes
- Tinned Potatoes
- Pudding e.g. rice pudding, custard
- Sauces/Gravy
- Treats e.g. chocolates and crisps
- Tinned Spaghetti
- Noodles
- Cleaning and Laundry Supplies

If you would like to donate any of these items, please hand them into the School Office by **Monday 23rd May**. Thank you.