



FRIDAY 21ST JANUARY, 2022

CONTACT US ON



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## LifeBase Workshops

This week, some of the children capitalised on the exciting opportunity to take part in the LifeBase workshops, providing them with an understanding of themselves, how their bodies function and how to keep them safe and healthy. The children were very eager to take part in all the fun learning activities with age specific programmes designed to aid the children in the acquisition of important decision-making skills regarding their health, build their self-esteem through inspiring enrichment experiences, and develop essential life skills.



## Precautionary Measures for Coronavirus

As a result of the Prime Minister's plans to end Plan B restrictions, a number of changes have been made to the current coronavirus (COVID-19) measures implemented within the Trust following his announcement on Wednesday 19th January. A new national approach to daily testing for contacts of COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 should take a lateral flow device (LFD) every day for 7 days instead of self-isolating. Additionally, the 10-day self-isolation period for those who record a positive polymerase chain reaction (PCR) test result for COVID-19 has now been reduced to 5 days in most circumstances. For further information, please read the letter that was distributed via (<https://trhat.co.uk/letters-covidupdate190122/>).


# CHILDHOOD ASTHMA

Join our  
**FREE Virtual  
Asthma Workshop**

**JANUARY**



**31st**

4pm - 5pm

Presented over: **zoom**

Session presented by a Hillingdon asthma nurse, covering:

- What to do if your child is having an Asthma attack
- Inhaler techniques
- Asthma plans
- Myth Busting
- Common triggers

LIMITED SPACES AVAILABLE

CONTACT THE TEAM TO BOOK YOUR PLACE

Call the team 01895 543 437
 [nhsnwlcg.Myhealth@nhs.net](mailto:nhsnwlcg.Myhealth@nhs.net)

## Time to Talk Day and Children's Mental Health Week

For many, it is hard enough to experience mental health problems without having to face the judgement and isolation that often surrounds them. As such, in order to end mental health discrimination, Mind, a mental health charity who provide advice and support to empower anyone experiencing a mental health problem, will run the nation's biggest mental health conversation for Time to Talk Day on Thursday 3rd February. Friends, families, communities and workplaces can come together to talk, listen and change lives. No one should have to face a mental health problem alone, so join Mind and take part in the day via (<https://timetotalkday.co.uk/>).

The following week will be observed as Children's Mental Health Week under the theme 'Growing Together'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how they have grown and how they can help others grow. Challenges and setbacks help us adapt and trying new things can also take us beyond our comfort zone into a new realm of possibility and potential. However, this is often a gradual process that happens over time and sometimes we might feel 'stuck'. Please take a look at the useful information and support links provided on the School's Mental Health and Well-Being page to support you or someone you care about via (<https://www.rosedaleprimary.co.uk/171/mental-health-and-wellbeing>).



### LifeBase - Monday 24th January

On **Monday 24th January**, members of the LifeBase (formerly LifeBus) will be visiting the School. This will be for all children to take part in. This workshop forms a very important part of the curriculum. As such, please ensure that your child attends school and is in full and correct uniform. Thank you.

### Year 6 Parents SATs Workshop -

*Tuesday 25th January*

We will be holding a SATs workshop for our Year 6 families on **Tuesday 25th January at 9:30am**. The workshop will include key information on how you can support your child in preparation for the SATs tests in May. If you would like to attend the workshop, please provide the School Office with your name. Thank you.

### Gordon Brown Centre - Third Instalment Due

We would like to remind all parents, guardians and carers of children in Year 6 who are attending the Year 6 residential Gordon Brown Centre, that the third instalment of £36.00 is due by **Friday 28th January**. Please make the payment to the School Office by this date.


For those who would still like to attend the trip but have not yet handed in the first instalment with the reply slip, there are still spaces available. We would love as many children as possible to attend this amazing trip!

### Christmas DVD Orders

We would like to thank everyone who was able to attend the Christmas Performances at the end of the previous term. We hope that you all enjoyed the hard work and effort your children put into their spectacular performances!

Due to the ongoing pandemic, we reduced numbers to ensure the safety of families. With this in mind, we filmed all of the performances which are now available to order through your iPayimpact account.

DVDs will cost £2.50 each. You will need to select which performance you would like to purchase and the amount you require in the School shop. **All orders will need to be made by Monday 31st January. The DVDs will be made after all orders have been received.** Thank you.

		<b>JANUARY to FEBRUARY 2022</b>	
<b>JANUARY</b>			
Monday 24th		LifeBase in School	
Tuesday 25th	9:30am	Year 6 Parents SATs Workshop	
Friday 28th		Gordon Brown Centre - Third Instalment Due	
<b>FEBRUARY</b>			
Tuesday 1st		Idling Action Day	
		Idling Action Workshops - Year 5	
Friday 11th		End of Term - School Finishes	

	<b>Week Commencing: Monday 24th January</b>	
	<b>MENU 3</b>	

<b>MONDAY</b>		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Non Halal
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 3	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 4	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 4	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Chocolate Brownie Tray Bake	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

### Young Voices New Concert Date - Monday 23rd May

We are delighted to announce that we have been given a new date for the Young Voices concert. The concert will now take place on **Monday 23rd May** at the same venue, the O2 Arena. The children who are taking part have continued to practise their singing for vocal improvement and are really excited to be part of the performance in May.

All tickets that were purchased to see the concert in January have been transferred to the new date in May. If you are no longer able to attend, please do contact the School Office and we can assist you with a refund. Should you have any other queries relating to the Young Voices concert, please visit the School Office to speak to us rather than contacting Young Voices or the O2 directly. Thank you.

### Water Aid

We would like to thank everyone who has continued to donate towards the School's chosen charity, Water Aid. So far this year, we have raised £113! The community's support is really appreciated in our efforts to ensure that as many people as possible have access to clean and safe water.