



## Online Author Event

On Wednesday 29th September, the children in Year 5 and 6 took part in an online author event. Much to their delight, they had the chance to meet Michelle Paver, author of the Wolf Brother series, capitalising on this opportunity as they will be reading this book series in the forthcoming weeks. They all enjoyed meeting Michelle and discovering all the exciting things involved in being a writer and took away useful writing strategies including how to transfer ideas onto paper, as well as other essential tips for aspiring novelists!



## Fruit Salad

The Nursery children have been learning about healthy foods by making their own fruit salads. The children hand-picked the fruits they liked the most and embraced the opportunity to sample a variety of new fruits! They then practised their cutting skills by chopping their chosen fruits into bite-size pieces before combining them together to produce a beautiful blend of vibrant, refreshing, aesthetically pleasing fruit salads!



## Harvest Festival Assembly

On Monday 11th October, the Year 1, 2 and 3 children will be receiving a visit from the Hillingdon Food Bank to talk about the Harvest Festival and the important work they do to help support our local community. Please make sure that your child attends school as normal in their full school uniform as this forms part of their education. Thank you.

## Harvest Festival Collection - Donating Items

As in previous years, we will be supporting our local food bank for the Harvest Festival. It is more important than ever for us to be able to donate to the Food Bank 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
- Fruit Juice
- Long Life Milk
- Rice
- Jam
- Dried Mashed Potatoes
- Pudding
- Sauces/Gravy
- Treats e.g. Chocolates and crisps
- Tinned Spaghetti
- Noodles
- Toiletries

If you would like to donate any of these items, please hand them into the School Office by **Monday 18th October**.

## Walk to School Month

October is International Walk to School Month, helping to embed active travel behaviours within the School community, with an opportunity to be part of a global campaign, encouraging children to walk to school alongside young people in over 40 countries!

Considering the contribution that traffic pollution makes to climate change and the effects it has on wildlife and natural habitats around the world, by walking to school, you can reduce your carbon emissions, supporting natural habitats and animals across the globe.

## Urgent Mental Health Support - 24/7 Crisis Lines


Children, young people and their families can access free help, advice and urgent mental health support from 24/7 crisis telephone lines available in every London borough. Every NHS mental health trust in London has put these in place, so children, young people and their families can get help quickly when they need it. Professionals are also able to access these crisis lines if they are concerned about or would like advice about a child, young person or family. The crisis lines are supported by trained mental health practitioners, who can offer advice and signpost other sources of support as needed. Please visit the Urgent Mental Health Support section on our school's Mental Health and Wellbeing page via (<https://www.rosedaleprimary.co.uk/171/mental-health-and-wellbeing>) for a brief information pack with details of these crisis lines as well as other support available.

	<b>Week Commencing: Monday 11th October</b>
<b>MENU 3</b>	

MONDAY		
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
TUESDAY		
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
WEDNESDAY		
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
THURSDAY		
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
FRIDAY		
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
<b>Please note that all main meals are served with Fresh Vegetables of the Day</b>		

## Applying for Secondary School September 2022

We would like to inform all parents, guardians and carers of children born between 1st September 2010 and 31st August 2011 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon, by post or online, is **Sunday 31st October 2021**. To ensure your application arrives on time and in order to give your child the best possible chance of being offered the school of your choice, we would advise that you submit your applications no later than Friday 22nd October to ensure that it is received by the published deadline. You can apply for your child's secondary school at (<https://archive.hillingdon.gov.uk/secondary>).

	<b>OCTOBER 2021</b>	
OCTOBER		
Monday 11th	9:30am	Harvest Festival Assembly for Years 1, 2 and 3
Friday 22nd		Half Term Ends
<b>Monday 25th to Friday 29th</b>		<b>Half Term</b>