

Reception First Lunch



Last week, the Reception children stayed for lunch for the first time! The pupils were enthusiastic and really enjoyed this experience they couldn't stop talking to each other about what they were eating! On the second day, a few children realised the importance of eating first and talking after. We are encouraging the children to concentrate on eating their food but, as lunchtime is a social occasion, they are still learning how to get the balance right.





Black History Month – October 2023

Black History Month is the annual celebration and commemoration of moments in history, achievements and contributions that Black people have made. First brought to the UK in the 1980s, Black History Month was initially introduced to the country by a member of the Greater London Council, Akyaaba Addai Sebo. Since 1987, Black History Month has been celebrated annually in the UK, to help eradicate discrimination and encourage racial equality.

At Rosedale Primary School, we will be honouring the contributions made to society by people of black heritage and their communities.

Bikeability Training

On Monday 2nd through to Thursday 5th October Year 6 have the opportunity to take part in the Bikeability training which promotes safe cycling. Unlike previous years, the Bikeability team are unable to provide the Dr Bike service which allows them to look at your children's bikes to ensure they are safe and in good working order. In this instance, they have provided us with a link to a video so you are able to check your child's bike yourselves and make any necessary repairs should they be required. You can find this information on

[<https://bikeability.org.uk/cycle-more/be-prepared/looking-after-your-bike/>]. Thank you.

Walk to School Month - October 2023

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.

Primary School Admissions 2024

We would like to inform all parents, guardians and carers of children born between 1st September 2019 and 31st August 2020 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon is Monday 15th January 2024.

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 prior to the Christmas holiday period. Further information can be found on [www.hillingdon.gov.uk/primary]. You will receive information with regard to application shortly.

MyHealth Asthma Workshops

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is:

- Asthma attacks
- Asthma triggers
- Inhaler techniques
- Asthma action plans

The workshop is run online using ZOOM you can register your FREE place [HERE](#).

<https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>

All sessions are from 4 - 5 pm and current dates are:

- Monday 2nd October
- Monday 6th November
- Monday 4th December

You can also contact the MyHealth team on tel: 01895 543 437 or nhsnwlccg.myhealth@nhs.net.

HAAI
stronger together

FREE
Virtual
Asthma Workshop's

MyHealth
My self, My life

October	November	December
2nd	6th	4th

4pm - 5pm

The workshop is run online using ZOOM you can register your FREE place by scanning the QR code

nhsnwl.myhealth@nhs.net 01895 543 437

WHAT'S INCLUDED IN THE WORKSHOP ?

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
---	--------------------	--------------	-----------------	--------------	-----

SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE

Cashless System - Lunch, Aftercare Clubs and Uniform Orders


We would like to remind all parents, guardians and carers about our cashless system which can be found via the link (www.ipayimpact.co.uk/IPI/Account/LogOn). Our online payment facility allows you to pre-order your child's school meals, pre-book your child into Breakfast Club and After School Care and order school uniform directly and securely. If you are having any problems with your iPay impact account, please contact us for assistance. All orders can be collected from the School Office by the parent, guardian or carer. If you need an exchange or refund, you can arrange this at the School Office. Please remember to return the item in the original packaging with the labels still attached. Exchanges may take a couple of days to process. Thank you for your patience at this time, while we process all orders.


Applying for Secondary School for September 2024

We would like to inform all parents, guardians and carers of children born between 1st September 2012 and 31st August 2013 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon, by post or online, is Tuesday 31st October 2023.

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 27th October to ensure that it is received by the published deadline.

You can apply for your child's secondary school at (<https://www.hillingdon.gov.uk/secondary>). You will receive information with regard to applying for your child starting secondary school shortly.

 <h3>SEPTEMBER TO OCTOBER 2023</h3>		
SEPTEMBER		
Friday 29th	9:30am	SATs Workshop - Year 6 Parents
OCTOBER		
Monday 16th		School Photographs
Wednesday 18th		Hampton Court Trip Last Day For Payment
Friday 20th		Internet Safety Talk - Year 5
Monday 23rd to Friday 27th		Half Term Break
Monday 30th	8:30am	School Begins

	Week Commencing: Monday 25th September	
	MENU 3	

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

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
- Crisps
- Fruit Juice
- Long Life Milk
- Rice
- Jam
- Dried Mashed Potatoes
- Pudding
- Sauces/Gravy
- Treats e.g. Chocolates

If you would like to donate any of these items, please hand them into the School Office by Monday 16th October 2023.