



Mental Health Week

During Mental Health Week before the half term, White Eagle Class embarked on a week long journey of activities to help understand what mental health is all about and help support their overall wellbeing through projects which taught them the skills required to recognise and deal with their emotions and take on a more positive mindset altogether. This has continued through into the new spring term and upon their return, children have made their very own 'Positive Affirmation Jars', with the objective to help promote self-esteem by encouraging children to keep positive statements in their very own special place. The Positive Jar included positive words, affirmations and their very own personalised quotes, in which they can go back to and look at whenever they may feel low, reminding them of all the positive and wonderful things about themselves. They all made their jars extra personal by decorating them using paint, glitter, colourful wool roving's and jazzing them up by adding accessories such as pom poms, stickers and metallic ribbons. The intention is for children to go back to it whenever necessary to remember how special and unique they are as a person.



Reading Museum Trip – Year 4

On Friday 9th February, the Year 4 pupils visited Reading Museum which helped to support their learning in a fun and interactive way. The children explored the museum and all it had to offer, discovering lots of things that they hadn't seen or known before. They also took art in a prehistory workshop which encouraged the pupils to discover early parts of history through the use of role-play, jewellery design and looking at ancient artifacts. The pupils thoroughly enjoyed their experience and all it had to offer.



February Booster Club

On Monday 12th February, we invited some pupils to school to attend the February Booster session. The children were noticeably enthusiastic and eager to attend as they took part in activities forthwith which helped support and further their learning in areas such as Mathematics and English.



Class Photographs – Tuesday 6th March

The School photographer is scheduled to visit on Tuesday 6th March to take class photographs. Please be advised that children must wear full school uniform.

Please also note, Physical Education (PE) will not be held on this day. Thank you.

Easter Bonnet Parades

From Friday 15th to Friday 22nd March, children in Early Years and Key Stage 1 will be proudly parading their Easter Bonnets for their families to see. The parades will be as follows:

Friday 15th - Year 2

Monday 18th - Year 1

Wednesday 20th - Reception

All parades will begin at 2:15pm outside the front of the School. If you would like to attend your child's parades, please let us know at the School Office.

Fasting at Ramadan

As Ramadan has begun, we would like to make parents, guardians and carers aware that at The Rosedale Hewens Academy Trust, we only allow children in Year 6 to fast, as, in our experience, fasting in year groups below this has a detrimental effect upon a child's overall performance.

Children in lower year groups could be supported to fast at home on the weekend if required, allowing families to supervise their health and wellbeing very closely. If you would like more information about this, please speak with a member of staff in the School Office.



Parent Carer Support



Parent Carer Support

Raising children doesn't come with a handbook, and sometimes knowing who to reach out to for support or advice is tricky.

Brilliant Parents and the Stronger Families Key Working team are offering a friendly and informal drop-in for parents/carers of 0-18 year olds and 0-25 year olds for those with SEND.



We'll be there for a chat, to share advice, support and a range of information in relation to parenting, and mental and emotional wellbeing for all the family.

2024	Harefield Children's Centre High Street, Harefield UB9 6BT	Uxbridge Family Hub Civic Centre, High Street, Uxbridge UB8 1UW	Hayes Family Hub College Way, Hayes UB3 3BB
	Wednesdays 1-3pm	Fridays 5-7pm	Fridays 10am - 12pm
March	6th	8th	15th
April	3rd	12th	19th
May	1st	10th	17th
June	5th	14th	21st
July	3rd	12th	19th
August	7th	16th	23rd
September	4th	13th	20th

For more information contact Sarah on:
07495 024 449 or
sarah.rust@brilliantparents.org

Our goal is to empower parents to feel safe, strong and healthy, whilst building resilience and confidence in your parenting decisions, with the support of a community network.

World Book Day - Thursday 7th March

In celebration of World Book Day, all the children have been invited to choose their favourite book from the theme for their Year Group and dress up for the day as a character from that book. The Year Group themes are as follows:

Nursery and Reception: Fairy tales

Year 1 and Year 2: Traditional stories from around the world

Year 3: A character from a favourite book

Year 4: Vikings and Anglo Saxons

Year 5: Ancient Greeks

Year 6: Famous people from history

Please note that all the children should aim to have the book with them. Please also be aware that children are not permitted to wear jeans or trainers and should not come dressed as superheroes. We would still like to collect for charity on World Book Day and as such, any family wishing to contribute to the collection should send their child to school with £1 on this day. All funds collected will be donated to the Water Aid Charity. Thank you.

Easter Bonnet Parades - Nursery

On Friday 22nd March, children in Nursery will be proudly parading their Easter Bonnets for their families to see. The Nursery Children will deliver two parades at the following times:

10:45am - Lark

2:15pm - Owl

If you would like to attend your child's parades, please let us know at the School Office.

Book Fair – Wednesday 20th to Monday 25th of March

The book fair will be arriving at school from Wednesday 22nd to Monday 27th March and will be open from 3:15 to 4:00pm. All payments can be made online by clicking on the following link: (<https://bookfairs.scholastic.co.uk/pay>) You will need to enter the School's postcode which is UB3 2SE and follow the instructions on screen. Thank you.

Are you a Carer?

Hillingdon has released the attached guide to provide carers with more information on the support available from the Local Authority: <https://www.rosedaleprimary.co.uk/latest-news/are>

Are you a carer?

A guide for residents who provide care and support to a family member or close friend

Hillingdon Carers Partnership
Working together for unpaid carers

Logos for Hillingdon Housing, Hillingdon, CARERS TRUST, Asbestos Society, and Hillingdon Care.



 <h2 style="text-align: center;">MARCH 2024</h2>	
MARCH	
Wednesday 6th	Class Photographs
Thursday 7th	World Book Day
Friday 8th	Junior Citizens Event - Year 6 International Women's Day
Friday 8th to Sunday 17th	British Science Week
Monday 11th to Friday 22nd	Sustrans Big Walk and Wheel
Tuesday 12th	Incredible Eggs Arrives in School
Thursday 14th	9:00am to 10:30am Easter Bonnet Making with Parents - Lark and Sparrow
Friday 15th	9:00am to 10:30am Easter Bonnet Making with Parents - Owls and Robin
	2:15pm Easter Bonnet Parade - Year 2
Monday 18th	2:15pm Easter Bonnet Parade - Year 1
Wednesday 20th	2:15pm Easter Bonnet Parade - Reception
	3:30pm to 4:15pm Book Fair - Nursery and Reception
Thursday 21st	3:30pm to 4:15pm Book Fair - Year 1 and 2
	 World Poetry Day
Friday 22nd	10:45am Easter Bonnet Parade - Lark
	2:15pm Easter Bonnet Parade - Owls
	3:30pm to 4:15pm Book Fair - Year 3, 4, 5 and 6
Monday 25th	3:30pm to 4:15pm Book Fair - Year 3, 4, 5 and 6
Thursday 28th	12:00pm Early Dismissals

Sustrans Big Walk and Wheel - Monday 11th March to Friday 22nd March

As a school, we are continuing to promote and support road safety and sustainable travel. As part of this, we are taking part in the Sustrans Big Walk and Wheel from Monday 11th March to Friday 22nd March. During this time, we would like to encourage as many children as possible to walk, scoot, bike or cycle to school. Even if you live a bit further away from school, please consider using our walking map to park in one of the 10 minute zones and travel sustainably for the remaining 10 minutes.

The School will work together as whole to have as many children as possible travelling sustainably which could result in us winning prizes for the School and also compare ourselves with other schools in the borough and the rest of the country!

This is an exciting opportunity for our school community which will have a lasting positive impact! We would like to thank you all in advance for your support in this event.

	Week Commencing: Monday 4th March
	MENU 2

MONDAY		
Meal Choice 1	Beef Meatball Pasta Bake	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Non Halal
Meal Choice 3	Vegetable Pasta Bake	Vegetarian
Meal Choice 4	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 3	Creamy Pasta Bake	Vegetarian
Meal Choice 4	Lamb Patty with Rice	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Baked Jacket Potato with Fillings [sliced chicken, salad, coleslaw, tuna]	
Meal Choice 2	Sweet Potato with Fillings [sliced chicken, salad, coleslaw, tuna]	
Meal Choice 3	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Vanilla Cheesecake	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	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
Please note that all main meals are served with Fresh Vegetables of the Day		

WINTER WELLNESS DIRECTORY 2024

Helping you live well this winter





