



Early Years Activities



The Nursery and Reception pupils have returned to school after the Easter holidays and jumped straight back into various activities. The pupils used the interactive whiteboards to practise writing different sounds they have learnt, engaged in sensory play using the sandpit and soft foam, and attempted various Mathematics games to develop and reinforce basic numeracy skills. They were all thrilled to return to School and were ecstatic to see their friends!





Cycle Skills Training

Hillingdon cycling instructors are back every second Saturday of the month from April - October offering free cycle training to Hillingdon Residents (children and adults). Whether you want to learn to ride or refresh your skills, all are welcome. Cycling sessions will take place at Pield Heath School Cycle Track which is a safe and enclosed space to learn.

Please click on the link below to find out more information.

[Cycle Skills training - Hillingdon Council](#)

We look forward to welcoming you.
The STARS Team

Gordon Brown Centre - Seventh Instalment Due

We would like to remind all parents, guardians and carers of pupils in Year 6 who are attending the Year 6 residential Gordon Brown Centre, that the seventh instalment of £53.00 is due by Thursday 19th May. Please make the payment via IPAYimpact by this date.

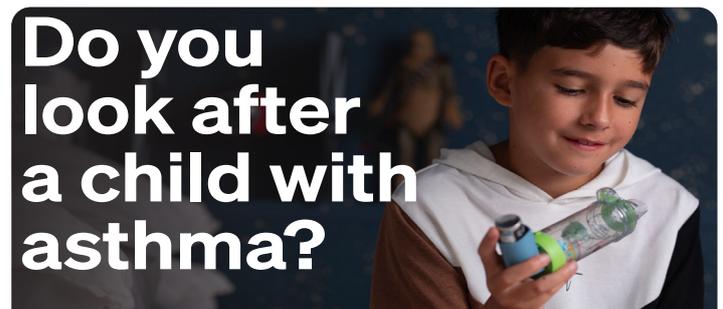
For those who would still like to attend the trip but have not yet handed in the first instalment with the reply slip, there are still spaces available. We would love as many children as possible to attend this amazing trip.

Year 6 SATs Practice Papers

We would like to remind parents, guardians and carers, that children in Year 6 will sit their practice SATs paper during the week commencing Monday 29th April. It is also extremely important that they attend school every day.

Please also remember that a good breakfast is always an essential meal for children before school, particularly when they are sitting tests. Research has shown that children who eat a healthy breakfast have improved alertness, concentration, mental performance, mood and memory. We wish all our children every success in their tests!

Asthma + Lung UK Information



At Asthma + Lung UK, we give advice and support to everyone living with a lung condition.

Our online Parent Carer Support Network is a safe and friendly space for parents, carers, and anyone who looks after a child with asthma. Get free expert advice on how to manage your child's asthma and meet other families who understand what you're going through.

- March 2024** **Help your child at home:** Understand your child's asthma action plan and how to manage their asthma at home.
- April 2024** **Managing your child's medication:** Discover the different types of inhalers and learn how to manage your child's medication.
- May 2024** **How does air pollution affect asthma?** Learn about the effects of air pollution and seasonal allergies on your child's asthma.
- June 2024** **Breathing well:** Help your child to breathe well when they are feeling breathless.
- July 2024** **Sweet dreams:** Make sure your child gets the best night's sleep possible, when living with asthma.
- August 2024** **Back to school:** How to help your child manage their asthma in school.
- September 2024** **After school clubs and asthma:** How to help your child manage sports and clubs when they have asthma.
- October 2024** **From hospital to home:** What happens when your child is admitted to hospital, and what to do when they are sent home.
- November 2024** **Stay well in the festive season:** Get help with managing allergies, intolerances and asthma in the festive season.

To sign up to our online sessions, scan the QR code or visit asthmaandlung.org.uk/parent-carer-support-network
Contact us on supportgroups@asthmaandlung.org.uk or 0300 222 5800.



School Readiness at Learn Hillingdon – Information from the Local Authority

So, what is school readiness? Well, we see it as a measure of how prepared a child is to succeed in school, cognitively, socially and emotionally. This allows teachers to focus on developing skills and stops young children playing 'catch up', so they can develop their love for school and parents can be confident that their child is coping well with the transition.

Sadly, the last statistical data shows that in Hillingdon 1 in 2 children are 'school ready' compared to Lewisham where about 3 in 4 children are school ready - fingertips.phe.org.uk 2014. And the pandemic will not have improved this situation.

So, we are offering all parents of young children, who are about to go to school for the first time a free online course: School Readiness at 7pm to 9pm on 30th April - 21st May - Tuesday evenings for 4 weeks.

Course Information: [Learn Hillingdon - School Readiness CHO1055 - Google Docs](#)

Parents can enrol here: [Course List | ontrack:](#)

[\[Learner Hub \(tribal-eb.com\)\]](#) just click on the blue ENROL button. Or if you can't make this particular course, then you could chose the course that is starting in early June or late June. Once enrolled, we will then send the parent, via email, all the information they need to attend including the link to the online class.

Trip to Odds Farm Park – Year 2

On Friday 3rd May, the Year 2 pupils will be attending the Odds Farm Park in High Wycombe. We would like to remind parents, guardians and carers that all payments should be made through your child's iPayimpact account.

 <p style="text-align: center;">APRIL to MAY 2024</p>		
APRIL		
Tuesday 30th	9:00am to 10:00am	Internet Safety - Parents Workshop
	13:00pm	"Personal Safety" - Year 6 Workshop
MAY		
Friday 3rd		Odds Farm Trip - Year 2
Monday 6th		Bank Holiday
Friday 10th		Hounslow Uran Farm Trip - Year 1
Friday 17th		Chiltern Open Air Museum Trip - Year 3
Friday 24th		Willow Activity Farm Trip - Reception Class
Monday 27th to Friday 31st		Half Term Break

	Week Commencing: Monday 29th April
	MENU 4

MONDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Beans	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Beans	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 4	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Dessert Choice	Vanilla Ice Cream with Peaches	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	Cheese and Onion Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with 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	Custard Tart	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

Parent Internet Safety Workshop - Year 5

On Tuesday 30th April, parents, guardians and carers of pupils in Years 5 are invited to attend a workshop, which will be led by the Metropolitan Police Services.

This workshop will start at 9:00am in the Hall and will focus on Internet Safety. It will also give you the opportunity to ask any questions regarding any issues or concerns you may have. We hope to see you all there.

Trip to Chiltern Open Air Museum – Year 3

On Friday 17th May, the children in Year 3 will be visiting Chiltern Open Air Museum. You will need to bring your child into school by no later than 8:30am to ensure that the children can leave promptly. For the trip, children will be required to wear their full and correct school uniform.

We would like to remind parents, guardians and carers that all payments should be made through your child's iPayimpact account.

You can find IPAY link on our school website: (<https://www.rosedaleprimary.co.uk/ipayimpact>) Thank you.