



## Mental Health Day

During World Mental Health Day, White Eagle Class in Year 5 embarked on a week long journey of activities to help understand what mental health is all about and help support their overall well-being through projects which taught them the skills required to recognise and deal with their emotions and take on a more positive mindset altogether. They continued with their daily Guided Meditation, helping them clear their minds and focus on themselves. 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.





### Fruit Kebabs

As part of the Nursery's Topic this term, 'Let's Be Healthy' The children made their own fruit kebabs. The children discussed what it means to be healthy and what kind of foods are good for us to eat. They also had the opportunity to practise and demonstrate their cutting skills when making their tasty kebabs!





### Maths Workshop – Year 2 Parents

On Tuesday 15th October, parents, guardians and carers of children in Year 2 attended the Maths workshop. The workshop aimed to show what methods the school uses in Maths so that parents, guardians and carers are able to help their children at home and understand what is taught in school. All those who attended found the workshop very helpful and now feel more confident in being able to help their children at home. Thank you to those who came and supported the workshop.



### Rosedale Primary Open Days

Join us for an exciting opportunity to explore Rosedale Primary School during our Open Morning on Thursday 7th November at 9:30am, or our Open Evening on Monday 18th November at 4:00pm. Upon arrival, you'll be warmly welcomed by our headteacher, Ms. Bamber, who will inspire you with her engaging speech and address any questions you may have about our enriching and nurturing school.

## Open Morning and Evening @ Rosedale Primary School



**Book Your Visit!**

[www.rosedaleprimary.co.uk/open-days](http://www.rosedaleprimary.co.uk/open-days)


**Open Morning**

THURSDAY 7<sup>TH</sup> NOVEMBER 2024  
9:30am to 10:30am

**Open Evening**

MONDAY 18<sup>TH</sup> NOVEMBER 2024  
4pm to 5:30pm





## NOVEMBER 2024

NOVEMBER		
Monday 4th	8:30pm	School Begins
Tuesday 5th		Managing Anxiety Workshop - Year 5
Wednesday 6th		Nasal Flu Immunisation
Thursday 7th		Pedestrian Training - Year 4 Open Morning - New Reception Parents
Friday 8th		Great Fire Of London Workshop - Year 2
Monday 11th		Last Day to Pay GBC Second Instalment - Year 6
Tuesday 12th		Managing Anxiety workshop - Year 6 Bunker Trip - Goldcrest Class
Monday 18th	3:45pm	Open Evening - New Reception Parents
Tuesday 19th		Bunker Trip - Firecrest Class
Friday 22nd		Cupcake Workshop - Year 1
Wednesday 27th		No Pens Day
Thursday 28th		Hearing and Vision checks - Follow Up

### Flu Vaccinations – Wednesday 6th November 2024

On Wednesday 6th November, our local Immunisation Team will be visiting Rosedale to offer flu vaccines to all pupils in **Reception to Year 6**. An email has been sent out with important information regarding this.


Please note your child will only receive the vaccination if you complete the consent form via the link below:

[\[Hillingdon@v-uk.co.uk\]](mailto:Hillingdon@v-uk.co.uk).

If you did not receive this email, please let us know if this School Office so we can check your email address on the system. Thank you for your support.

### Primary School Admissions 2025

We would like to inform all parents, guardians and carers of children born between 1st September 2020 and 31st August 2021 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon is Wednesday 15th January 2025. 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 [\[www.hillingdon.gov.uk/primary\]](http://www.hillingdon.gov.uk/primary).

	<p><b>Week Commencing: Monday 4th November</b></p> <p><b>MENU 1</b></p>
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MONDAY		
Meal Choice 1	Chicken Goujons with Homemade Oven Baked Potato Slices and Beans	Halal
Meal Choice 2	Chicken Goujons with Homemade Oven Baked Potato Slices and Beans	Non Halal
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 4	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Ratatouille Spaghetti	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 3	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 4	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

### Battle of Britain Bunker Trip – Year 6

On Tuesday 12th and Tuesday 19th November, the Year 6 pupils will be visiting the Battle of Britain Bunker in Uxbridge. The pupils will be leaving school no later than 9:00am therefore they will need to arrive on time and no later than 8:45am.

Children should be wearing their full and correct uniform and come with their labelled packed lunch and water bottle for the day. They will arrive back in time for normal dismissal. Thank you.

### Applying for Secondary School September 2025

We would like to inform all parents, guardians and carers of children born between **1st September 2013 and 31st August 2014** that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon is Thursday **31st October 2024**.

You can apply for your child's secondary school at [\[www.hillingdon.gov.uk/secondary.primary\]](http://www.hillingdon.gov.uk/secondary.primary). If you did not receive this email, please let us know if this School Office so we can check your email address on the system. Thank you for your support.