

Life Base Workshops

Last week, some of the pupils capitalised on the exciting opportunity to take part in the LifeBase workshops, providing them with an understanding of themselves, how their bodies function and how to keep them safe and healthy. The children were very eager to take part in all the fun learning activities with age specific programmes designed to aid the children in the acquisition of important decision-making skills regarding their health, build their self-esteem through inspiring enrichment experiences, and develop essential life skills.



Pedestrian Training

On Tuesday 14th January the Reception children took part in Pedestrian Training delivered by the STARs team. The children were spilt into small groups and learnt about the different hazards on the roads as well as how to keep themselves safe when walking on the pavements and crossing roads, particularly busy ones. Once they had received their initial training, the children put into practice all they had learnt on the model road inside the school hall.

We hope that by taking part in the Pedestrian Training, this will encourage more children to travel to school sustainably (walking, biking, scooting etc.) as they will feel more confident about travelling along our roads.



Christmas Performance USB Orders

We would like to thank everyone who was able to attend the Christmas Performances at the end of the previous term. We hope that you all enjoyed the hard work and effort your children put into their spectacular performances!

USBs will cost £4.00 each. You will need to select which performance you would like to purchase and the amount you require in the School shop on iPayimpact. All orders will need to be made by Wednesday 29th January. The USBs will be made after all orders have been received. Thank you.

Booster Morning - Monday 17th February

This is from 9:00am to 12:00pm. Children can come in their own clothes and will need to be provided with a snack and water bottle. Thank you.

Labelled Water Bottles

Please ensure your child brings a labelled water bottle to school each day. It is important children are kept hydrated during the School day, which in turn, enhances concentration and alertness during lessons. Thank you.

Half Term

The School will be closed from Monday 17th to Friday 21st February for the Half Term holiday. The School will reopen on Monday 24th February at the usual entry times.

Physical Education (PE)

Please be advised that pupils should arrive at school in their Physical Education (PE) kits on the day of their PE lesson; they will remain in their PE kits for the whole day and thus are not required to bring in their school uniforms.

Year Groups	Day of the Week for PE
Reception	Wednesday and Friday
Year 1	Tuesday and Thursday
Year 2	Tuesday and Friday
Year 3	Wednesday and Friday
Year 4	Monday and Friday
Year 5	Monday and Friday
Year 6	Monday and Friday

STEM Workshops for Year 5 and 6

On Thursday 27th February, the pupils in Year 5 and 6 will be taking part in a series of STEM (Science, Technology, Engineering and Mathematics) Workshops. The Year 6 children will be taking part in the STIXX workshops which sees them creating WWII Air Raid Shelters out of newspapers and the Year 5 children will be making their own Tudor Toys. The workshops form an integral part of the children's learning. Therefore, please make sure that your child is in school and wearing their full and correct school uniform. If you have any broadsheet newspapers at home you would like to donate for the STIXX workshop, please hand these in to the School Office. Thank you.

Big Energy Saving Week Next Week – Tips to Reduce Energy Consumption at Home!

We are dedicated to minimising energy consumption within Rosedale Primary and we are currently surpassing our targets to achieve net zero by 2050! We look forward to sharing our progress next week, so stay tuned online for the latest updates. In the meantime, here are some tips for reducing energy consumption at home.

Visit our website for more information:

<https://www.therosedalehewensacademytrust.co.uk/energy-saving-tips>

THE ROSEDALE HEWENS ACADEMY TRUST

ENERGY SAVING TIPS @ HOME!

- LIGHTING**
Turn off lights when you leave a room, and replace incandescent bulbs with LED bulbs.
- WATER**
Take shorter showers instead of baths, and fix dripping taps.
- WINDOWS AND DOORS:**
Install double glazing, and draught-proof doors and windows.
- INSULATION**
Insulate your loft, roof, cavity walls, and hot water tanks.
- APPLIANCES**
Choose appliances with good energy ratings, and switch them off when you're not using them. You can also run machines at lower temperatures.
- CURTAINS**
Close curtains and blinds in the winter to keep warm air in and cold air out.
- HEATING**
Turn off radiators in rooms you aren't using, and keep radiators and heaters clear. You can also upgrade your boiler to a more energy efficient model.
- FREEZER:**
Defrost your freezer every six months.

 <h2 style="text-align: center;">JANUARY TO FEBRUARY 2025</h2>		
JANUARY		
Tuesday 28th	9:30am	Healthy Living Parents Workshop - Year 3, 4 and 5
Wednesday 29th		Christmas Performance USB Order - Deadline
Thursday 30th		NCMP - Follow Up Hearing and Vision Checks - Follow Up
FEBRUARY		
Monday 3rd to Friday 7th		National Storytelling Week Children's Mental Health Week
Tuesday 4th		Mental Health Awareness Session - Year 4
Wednesday 5th		Pedestrian Training - Year 5
Thursday 6th		Road Safety Workshop - Year 6
Friday 7th		Roman Workshop - Year 3
Tuesday 11th		Mental Health Awareness Session - Year 6
Thursday 13th		Pedestrian Training - Year 1
Friday 14th		Natural History Museum Trip - Year 4
Monday 17th to Friday 21st		Half Term Break
Monday 17th	9:00am to 12:00pm	Year 6 Booster Session - Invitation Only
Tuesday 25th		Resilience Workshop - Year 3
Thursday 28th		Stixx Shelter Workshop - Year 6 Tudor Toys Workshop - Year 5

Pedestrian Training - Year 5

On Wednesday 5th February, the Year 5 pupils will be taking part in pedestrian training which is delivered by staff from the London Borough of Hillingdon. The pedestrian training is part of the School efforts to promote and encourage road safety, and active and sustainable travel. As part of the training, the children will be leaving the School site. Please ensure your child comes to school wearing their full school uniform and is wearing the appropriate outdoor attire as part of the session will take place outside.

Trip to Natural History Museum - Year 4

On Friday 14th February, pupils in Year 4 will be visiting the Natural History 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, pupils will be required to wear their full and correct school uniform. All payments and reply slips should now have been handed in. If you have any issues or concerns preventing you from making the payment or handing in the reply slip, please do let us know at the School Office.

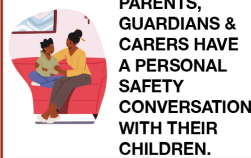
	Week Commencing: Monday 27th January MENU 4
---	--

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

Please note that all main meals are served with Fresh Vegetables of the Day



IF THEY ARE CONCERNED ABOUT THEIR SAFETY PLEASE CALL THE POLICE.



PARENTS, GUARDIANS & CARERS HAVE A PERSONAL SAFETY CONVERSATION WITH THEIR CHILDREN.



WHERE POSSIBLE STUDENTS WALK/TRAVEL IN PAIRS OR GROUPS TO AND FROM SCHOOL.



STUDENTS SHOULD HAVE A SET ROUTE TO AND FROM SCHOOL THAT IS DISCUSSED WITH PARENTS, GUARDIANS & CARERS.



WALK DOWN MAIN ROADS/ROUTES THAT ARE WELL LIT. AVOID GOING THROUGH PARKS, ALLEYS OR OTHER UNLIT OR POORLY LIT AREAS.



ENSURE THEY ARE ALERT TO THE ENVIRONMENT AROUND THEM, AVOID WEARING HEADPHONES OR BEING DISTRACTED BY MOBILE PHONES AND OTHER DEVICES.