



Bikeability Training

From Monday 10th to Thursday 13th November, a group of Year 6 pupils had a real sense of excited achievement as they completed their Bikeability course which is a bike training scheme provided by the London Borough of Hillingdon. They began by learning some basic road safety skills before riding on the roads under strict supervision, around Hayes. At the end of the week, the instructors commented on the excellent behaviour of all the children who attended the course and the progress they all made. Congratulations to all the children who took part.





Battle of Britain Bunker Trip

Last week, our Year 6 pupils travelled back 80 years to gain a thorough understanding into the defeat of the German air force (Luftwaffe). They visited the Battle of Britain Bunker, where the underground operations room formerly used by No. 11 Group Fighter Command during the Second World War is. The children each acted as a vital presence in the control of the aircraft, as they remained stationed in an operation room with plotting sticks, plotting blocks and microphones, ready to direct fighter aircrafts against the Luftwaffe! They also discovered interesting facts about Fighter aircraft operations and how they were controlled from there throughout the war, but most notably during the Battle of Britain and on D-Day.





Maths Workshop – Year 2 Parents

On Tuesday 11th November, parents, guardians and carers of 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.





Christmas Performances

All Christmas Performances will be starting at 9:30am in the main hall. Please check the diary to see the dates of your child's Christmas Performance. These will be given out within the next week. Their class teacher will let you know if your child needs any additional clothing for their costumes.

Prams and Buggies

Special arrangements have been made to accommodate prams and buggies during the performances. They can be parked in the corridor opposite the small hall as there is not enough space for prams to be brought into the small or main hall.

Photography

We kindly ask everyone to be considerate and to remain seated during the children's performances, particularly when taking photographs so the view of others isn't obstructed. Thank you.

Performance Date	Year Groups
1st December	Year 6
3rd December	Year 5
5th December	Year 4
8th December	Year 3
10th December	Year 2
12th Decemer	Year 1
16th December	Early Years

Christmas Jumper Day – Thursday 11th December

On Thursday 11th December, all children are invited to wear their favourite Christmas jumper to school! We also respectfully request that each child brings the sum of £1 to school on this day, to help us raise as much money as possible for Water Aid, the School charity which we continue to support. We look forward to seeing lots of happy and excited children wearing their favourite Christmas jumper to school on this day and to helping this worthwhile charity make a difference to those in need! We thank you in advance for your generosity.

Hillingdon Cycling

Hillingdon cycling instructors are back every second Saturday of the month from January to April 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

[\[https://www.hillingdon.gov.uk/cycle-skills-training\]](https://www.hillingdon.gov.uk/cycle-skills-training)

Height and Weight Screening

On Thursday 4th December, the School nurses will be visiting to carry out height and weight screening of Reception and Year 6 children. This is part of the National Child Measurement Programme (NCMP), which takes place annually in schools within England.

Natural History Museum Trip – Year 3

On Friday 23rd January, the Year 3 pupils will be attending The National History Museum in South Kensington. We would like to remind parents, guardians and carers that the reply slip and payment for the National History Museum are due by Friday 12th December.

All payments should be made through your child's iPayimpact account.

Reading for Pleasure - Active Learn

As a school, we continue to promote a positive relationship with reading as reading gives the children the ability to access their learning. We aim for children to find enjoyment in reading and, encourage them to read for pleasure. With this in mind, we continue to use Active Learn where the teachers regularly allocate books for each child to read. We would like all parents, guardians and carers to support their children and the School in our goal for every child to read for pleasure.

Therefore, please do make sure that your child is accessing Active Learn at home and reading any books allocated to them as this is a fun and interactive way for children to access reading. If you are experiencing any problems with Active Learn, please contact the School Office.

Cashless System - Lunch, Aftercare Clubs, Trips 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. Thank you for your support.

Social Media and Age Restrictions: What Parents Need to Know

Most social media platforms are not legal for children under 13 years old in the UK. This includes popular apps such as: TikTok, Instagram, Snapchat, Facebook and Discord, the Minimum age for these platforms: 13+

Children under 13 years old should not be using these apps without parental supervision. Early and unsupervised use of social media can lead to:

- Less focus on schoolwork and lower grades
- Poor sleep and tiredness in class
- Stress, bullying, or unsafe contact with strangers
- Weaker progress and poorer long-term results

How You Can Help

- Talk with your child about staying safe online
- Set clear limits on phone and app use—especially before bedtime
- Encourage healthy habits and open conversations about online experiences

Visit our website for more details:

<https://www.therosedalehewensacademytrust.co.uk/social-media-and-age-restrictions-what-parents-need-to-know>



Social Media and Age Restrictions: What Parents Need to Know

Most social media platforms are not legal for children under 13 years old in the UK. This includes popular apps such as:

TikTok
Instagram
Snapchat
Facebook
Discord



(Minimum age for these platforms: 13+)



DECEMBER 2025

DECEMBER		
Monday 1st	9:30am	Christmas Performance and Party - Year 6
Wednesday 3rd	9:30am	Christmas Performance and Party - Year 5
Thursday 4th		NCMP - Reception and Year 6
Friday 5th	9:30am	Christmas Performance and Party - Year 4
Monday 8th	9:30am	Christmas Performance and Party - Year 3
Tuesday 9th		Flu Vaccination - Follow Up
Wednesday 10th	9:30am	Christmas Performance and Party - Year 2
Thursday 11th		Christmas Jumper Day
Friday 12th	9:30am	Christmas Performance and Party - Year 1
Monday 15th		Reception Christmas Party
Tuesday 16th	9:30am	Christmas Performance - Nursery and Reception
Wednesday 17th		Christmas Lunch Nursery Christmas Party
Thursday 18th		Christmas Concert - KS2
Friday 19th		End of Term - Early Dismissal

Gordon Brown Centre – First Instalment Due

We would like to remind all parents, guardians and carers of children in Year 6 who are attending the Year 6 residential Gordon Brown Centre, that the first instalment of £52 is due by Friday 5th December.

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.

Primary School Admissions 2026

We would like to inform all parents, guardians and carers of children born between 1st September 2021 and 31st August 2022 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon is 15th January 2026.

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, Further information can be found on

[\[www.hillingdon.gov.uk/primary\]](http://www.hillingdon.gov.uk/primary).

	Week Commencing: Monday 1st December
	MENU 1

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	Patatouille 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

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

Childhood Asthma

FREE Online Workshops

CONTACT THE TEAM TO RESERVE YOUR PLACE

01895 543 437

✉ nhsnw1.myhealth@nhs.net

Scan the code to contact the team and register your interest

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
---	--------------------	--------------	-----------------	--------------	-----

SESSIONS FACILITATED BY AN ASTHMA NURSE