



Life Base Workshops

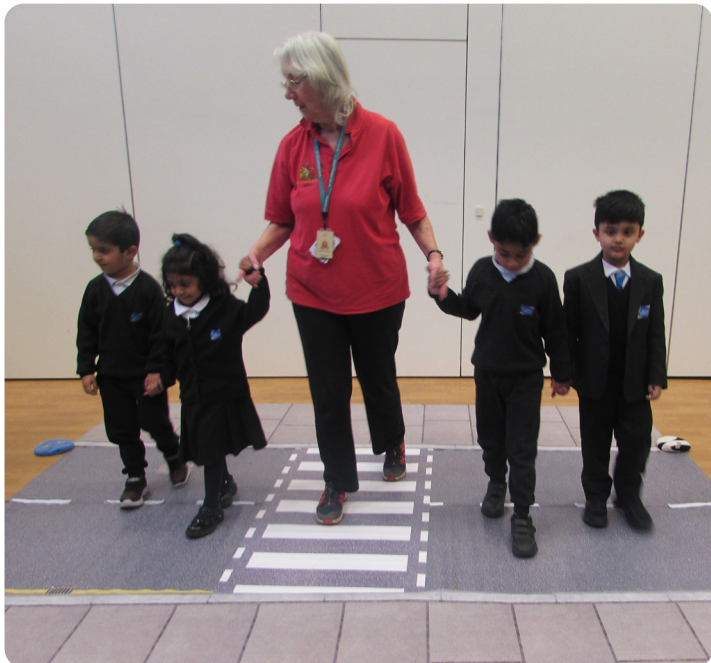
Last week, some of our pupils took part in the exciting LifeBase workshops, which helped them develop a greater understanding of themselves, how their bodies function, and how to keep themselves safe and healthy. Pupils were enthusiastic and fully engaged in a range of fun, age-appropriate activities designed to support informed decision-making about their health, build self-esteem through inspiring enrichment experiences, and develop essential life skills.



Pedestrian Training

On Monday 19th 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.





Children's Commissioner – A Guide For Parents On Managing Children's Digital Lives

We would like to inform parents, guardians and carers about a new guide published by the Children's Commissioner for England, "What I Wish My Parents or Carers Knew: A Guide for Parents on Managing Children's Digital Lives." The guide explores the challenges young people face growing up in a digital world and offers practical advice to help families navigate children's everyday online habits. Developed with direct input from children and young people across England, it highlights their desire for firm, informed boundaries around smartphone and internet use, as well as the importance of parents staying engaged and protective when they are concerned about what their child may be viewing online. With schools across the country reporting increasing worries about online safety, this guide aims to support parents, guardians and carers and schools in working together to keep children safe. We encourage all families to read the guide which can be found on our website:

<https://www.therosedalehewensacademytrust.co.uk/childrens-commissioner-a-guide-for-parents-on-managing-childrens-digital-lives>

School Shoes

We have noticed that some children are coming to school wearing trainers and incorrect school shoes. All children are expected to wear plain black shoes. Thank you.

Gordon Brown Centre – Third 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 Thursday 5th February. 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.

Child Anxiety Workshop

We are pleased to invite parents to attend an informative workshop on child anxiety, taking place on Wednesday 28th January at 9:30am. This workshop will provide useful information and practical strategies to help support children who may experience anxiety. We hope many of you will be able to join us.

Fasting at Ramadan

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. Pupils 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.

After-School Care – Contact Number

For any enquiries or updates regarding the After-School Care between 4:30 pm and 5:20 pm, please call 07957553815. This number should be used if you need to inform us of changes to collection, late arrivals, or any urgent matters related to the wrap around care.

Half Term Break

The School will be closed from Monday 16th to Friday 20th February for the Half Term holiday. The School will reopen on Monday 23rd February at the usual entry times

Booster Morning - Monday 16th February

On Monday 16th February, we will be running a booster morning for those pupils who have been sent an invitation. This is from 9:00am to 12:00pm. Pupils can come in their own clothes and will need to be provided with a snack and water bottle. Thank you.



JANUARY AND FEBRUARY 2026

JANUARY		
Wednesday 28th	9:30am	Child Anxiety - Parents Workshop Maths Workshop - Year 5 and 6
Thursday 29th	3:30pm	Young Voices - Parents Meeting
Friday 30th		Egyptian Workshop - Year 4
FEBRUARY		
Monday 2nd to Friday 6th		National Storytelling Week
Monday 2nd		Pedestrian Training - Year 1
Tuesday 3rd		Young Voices Concert
Wednesday 4th		Road Safety Workshop - Year 6
Thursday 5th		Romans Workshop - Year 3
Friday 6th		Time to Talk Day
Monday 9th to Friday 13th		Children's Mental Health Week
Tuesday 10th		Flight Careers Workshop - Year 4, 5 and 6
Wednesday 11th		International Day of Women and Girls in Science
Friday 13th		The Natural History Museum Trip - Year 4
Monday 16th	9:00am to 12:00pm	Booster Session - Invitation Only
Monday 16th to Friday 20th		Half Term Break

STEM Workshops for Year 5 and 6

On Monday 2nd March, 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.

Class Photographs – Thursday 26th February

The School photographer is scheduled to visit on Thursday 26th February 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.

	Week Commencing: Monday 26th January MENU 4
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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

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