



Ancient Egyptian Workshop

As part of their Ancient Egyptian topic, our Year 4 pupils travelled back in time with an amazing archaeologist to explore the lifestyle and dress of the Egyptians. They were eager and enthusiastic to handle a range of fascinating and unusual artefacts. The pupils were dressed in fantastic outfits and armour fit for a pharaoh, his warriors, farmers, a high priestess and an Egyptian family. They were highly engaged in discussions and role-play throughout the workshop, making it a truly unforgettable Egyptian experience!





Healthy Eating

Our Nursery children were fully engaged in making healthy and unhealthy snacks to feed the Hungry Caterpillar, who visited the Nursery last week. They enjoyed creating fruits from salt dough as part of their learning about healthy eating and were thoroughly absorbed in the activity.

The children also explored the impact of healthy and unhealthy food choices, noticing how much happier and more active the caterpillar became when he ate healthy foods.





Children's Anxiety – Parents Workshop

We would like to thank the MHST Team for delivering such an informative workshop on Wednesday, 28th January. Parents found the session both helpful and beneficial in supporting them to address and manage their children's anxiety..



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. 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.

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

Half Term

The School will be closed from Monday 16th to Friday 20th February for the Half Term holiday. The School will reopen on Monday 24th February at the usual entry times.



	Week Commencing: Monday 9th February MENU 2	
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MONDAY		
Meal Choice 1	Beef Meatball Pasta Bake	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Non Halal
Meal Choice 3	Vegetable Pasta Bake	Vegetarian
Meal Choice 4	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 3	Creamy Pasta Bake	Vegetarian
Meal Choice 4	Lamb Patty with Rice	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Baked Jacket Potato with Fillings [sliced chicken, salad, coleslaw, tuna]	
Meal Choice 2	Sweet Potato with Fillings [sliced chicken, salad, coleslaw, tuna]	Vegetarian
Meal Choice 3	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Dessert Choice	Fruit Tarts	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	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Non Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

		FEBRUARY 2026
FEBRUARY		
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	
Tuesday 24th	Virtual Author Event - Year 6	
Thursday 26th	Class Photographs	
Friday 27th	Live Virtual Author Event - Year 6	