

Reception First Lunch

Last week, the Reception children stayed for lunch for the first time! The children were enthusiastic and really enjoyed this experience. They couldn't stop talking to each other about what they were eating! On the second day, a few children realised the importance of eating first and talking after. We are encouraging the children to concentrate on eating their food but, as lunchtime is a social occasion, they are still learning how to get the balance right.





Universal Free School Meals

We are delighted to announce that all children from Reception to Year 6 will continue to access school lunches free of charge. The funding for this venture will be provided by the Office of the Mayor of London.

Battle of Britain Bunker Trip – Year 6

On Tuesday 3rd 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. Pupils 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

We would like to inform all parents, guardians and carers of children born between 1st September 2015 and 31st August 2016 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon is 31st October 2026. You can apply for your child's secondary school at (www.hillingdon.gov.uk/secondary). You will receive information with regard to applying for your child starting secondary school shortly via email.

Updating Email Addresses

Please can all parents, guardians and carers ensure that we have an email address on the School system for both parents as we are currently sending out all communication via email. You can either email the School account (rosedaleprimary@trhat.org) with this information or fill out the contact details form at the School Office. Thank you very much for your cooperation.

Year 6 Transition Meeting Personal Details

On Tuesday 22nd September, Year 6 parents and guardians are invited to attend the Year 6 Transition Meeting. The meeting will help to outline the next steps in your children's education which included key information on how to apply for secondary school and when secondary Open days are. Looking forward to seeing all Year 6 parents on Tuesday at 9:00am. Thank you.

Personal Details

Please ensure you provide the School Office with your most recent and up-to-date details including, changes to address, telephone numbers and email contact. Please also provide the School Office with your child's up-to-date medication, including inhalers, spacers and EpiPens. Thank you.

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	Days
Reception	Wednesday and Friday
Year 1	Tuesday and Thursday
Year 2	Tuesday and Friday
Year 3	Wednesday and Friday
Year 4	Tuesday and Thursday
Year 5	Wednesday and Friday
Year 6	Wednesday and Friday

NHS Parent Webinars

Please see the attached information about upcoming free parent webinars from the CNWL London Mental Health Support Team in Hillingdon. A range of topics will be covered to help parents and carers support young people's wellbeing. All sessions are free to join, so please take a look at the poster for further information.

For more information visit: <https://www.cnwl.nhs.uk/>




Parent Webinar 2026

CNWL London Mental Health Support Team Hillingdon

is offering the following online parent webinars:

Parent Wellbeing:
Friday 25th September - 12 to 1pm.

Supporting neurodivergent young people's wellbeing:
Thursday 29th October - 12 to 1pm.

Supporting Transitions and Change:
Friday 27th November - 12 to 1pm.

It is free to join!



www.therosedalehewensacademytrust.co.uk



A porcine-free flu vaccine is available

Protect your child from flu this winter

Your child will be offered a **free** NHS flu vaccination as part of the school-aged vaccination programme.

The vaccine usually offered to children is a nasal spray. The nasal flu vaccine contains a small amount of porcine gelatine.

You do not have to choose the nasal spray - a porcine-free alternative is available.



PREFER A VACCINE WITHOUT PORCINE GELATINE?

A **porcine-free** injectable flu vaccine is also available.

If you do not want your child to receive a vaccine containing porcine gelatine for religious, cultural or personal reasons, you can request the injectable flu vaccine instead.



TWO VACCINE OPTIONS

NASAL SPRAY



- ✓ Given as a quick spray into each nostril
- ✓ The preferred vaccine for most children
- ✓ Contains a small amount of porcine gelatine
- ✓ No needle is needed

INJECTABLE VACCINE



- ✓ Given as an injection, usually in the upper arm
- ✓ Does not contain porcine gelatine
- ✓ Available for children who cannot have, or whose parents prefer not to have, the nasal spray

WHY VACCINATE AGAINST FLU?

Flu can make children very unwell and can spread easily at school and at home.

- ✓ Protect them from flu and its complications
- ✓ Reduce the chance of flu spreading to family and friends
- ✓ Protect people who may be more vulnerable to becoming seriously ill

HOW DO I CHOOSE THE PORCINE-FREE VACCINE?

- ✓ When you receive your child's flu vaccination consent form, complete it as instructed and select the injectable flu vaccine if you would prefer the porcine-free option.
- ✓ If you have questions or need help completing your child's consent, please contact the Vaccination UK team.



VACCINATED AT SCHOOL | PROTECTED FOR WINTER
WWW.SCHOOLVACCINATION.UK



Free NHS flu vaccinations at school

Help protect your child and those around them from flu this winter. The NHS School Aged Immunisation Service will be offering eligible children their free flu vaccination at school. Getting vaccinated helps protect your child and can also reduce the spread of flu to family, friends and the wider community. A porcine-gelatine-free injectable alternative to the nasal spray is available for families who prefer this option.

For more information visit our website: <https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-nhs-flu-vaccination-at-school>

