

Pedestrian Training



On Tuesday 15th September, the Year 4 pupils took part in Pedestrian Training delivered by the STARs team. The pupils 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 ventured out onto the local roads around the primary school to put into practice all they had learnt. It was an invaluable experience for the pupils as they witnessed some of the hazards first-hand and felt confident in knowing what they needed to do to keep safe. We hope that by taking part in the Pedestrian Training, this will encourage more pupils to travel to school sustainably (walking, biking, scooting etc.) as they will feel more confident about travelling along our roads.





Healthy Packed Lunches

We would like to thank all our families who continue to provide their children with a healthy and nutritious packed lunch. Please be reminded that we are a healthy eating school and that the following items are not permitted in packed lunches:

- Nuts
- Chocolate/chocolate biscuits, sweets or doughnuts
- Large packets of crisps
- Fizzy drinks

Thank you for your continued support.

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.

THE
ROSEDALE
HEWENS
ACADEMY TRUST



METROPOLITAN
POLICE

Personal Safety Awareness on Public Transport

Please encourage your young person to:

- Avoid travelling alone where possible ☒
- Stay aware of their surroundings ☒
- Trust their instincts ☒
- Seek help from transport staff ☒
- Contact the police in an emergency ☒
- Report concerns as soon as possible ☒

Did you know you can report your concerns
anonymously through Fearless at

www.fearless.org?

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.



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-gelatin-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>

Save the Date

ROSEDALE PRIMARY

COFFEE Morning

Friday 6th November 2026 9:00am

Our Coffee Morning will provide parents, guardians and carers with an opportunity to meet and speak with representatives from a range of support services, including:

Hillingdon Attendance Office
Trust Safeguarding Lead
Hillingdon Libraries
Trust SEND Officer
NHS School Nurses
Mental Health Support Nurse
Hillingdon Stronger Families Hub

Ask questions and find out more about the support available to you and your family.

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/>

Harvest Festival Collection - Donating Items

As in previous years, we will be supporting our local food bank for the Harvest Festival. It is more important than ever for us to be able to donate to the Food Bank given these uncertain times, no matter how big or small the donation. We would appreciate donations of any items from the list below:

- | | |
|-----------------------------------|----------------|
| Cereals | Fruit Juice |
| Soups | Long Life Milk |
| Baked Beans | Rice |
| Tinned Tomatoes | Jam |
| Canned Meat | |
| Canned Fish | |
| Tinned Fruits | |
| Biscuits | |
| Treats e.g. Chocolates and crisps | |
| Sugar | |
| Pasta | |
| Tea or Coffee | |
| Sauces/Gravy | |
| Dried Mashed Potatoes | |

If you would like to donate any of these items, please hand them into the School Office by Friday 16th October.

Primary School Admissions 2026

We would like to inform all parents, guardians and carers of children born between 1st September 2022 and 31st August 2023 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon is 15th January 2027. 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, we would advise that you submit your applications prior to the Christmas holiday period. Further information can be found on (www.hillingdon.gov.uk/primary). You will receive information with regard to applying for your child starting primary school shortly via email.

E-Scooters

We would like to remind families that privately owned e-scooters are illegal to ride on public roads, pavements or cycle paths in the UK. This includes journeys to and from school. We have become aware of children using e-scooters, and we would therefore ask parents, guardians and carers to speak with their children about the legal and safety implications of using them. Please note that e-scooters should not be ridden to or from school, and pupils should not use them on the public highway or pavements. The safety of our pupils is extremely important to us, and we appreciate your support in reinforcing this message at home. Thank you for your continued support and cooperation.

Hampton Court Palace Trip – Year 5

On Friday 23rd October, Year 5 pupils will be attending a field trip to Hampton Court Palace in Surrey. We would like to remind parents, guardians and carers that all payments should be made through your child’s iPayimpact account.

 SEPTEMBER TO OCTOBER 2026		
SEPTEMBER		
Tuesday 29th	9:30am	Friendship Workshop - Year 3
OCTOBER		
Thursday 1st		National Poetry Day
Friday 2nd	9:00am	Attendance Workshop - Parents
Sunday 4th to Saturday 10th		World Space Week
Friday 16th		Great Fire of London Workshop - Year 2
Tuesday 20th		SATs Information Parents Workshop - Year 6
Friday 23rd		Hampton Court Palace Trip - Year 5
Monday 26th	9:00am to 12:00pm	Booster Club - Invitation Only
Monday 26th to Friday 30th		Half Term Break

	Week Commencing: Monday 28th September	
	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	Ratatouille 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		

Starting primary school

September 2027

For Hillingdon residents only

Apply online at

www.hillingdon.gov.uk/schooladmissions

Closing date for applications is Friday 15 January 2027

