

## Science Investigation: Exploring Reflection



Our pupils became young scientists as they investigated the science of reflection by designing and making their own periscopes. They explored how light travels and discovered how mirrors can be used to change the direction of light. Through this hands-on investigation, children tested their designs, solved problems and used their scientific knowledge to explain how their periscopes work. It was fantastic to see their curiosity, creativity and teamwork in action!



## Free BrightPath Support for Children and Families

Families can access BrightPath, a free programme from the Blue Magpie Foundation providing remote one-to-one educational, mentoring and wellbeing support for children aged five and over. BrightPath can support young people with Maths, English and Science, as well as confidence, mental health and wellbeing, and additional needs or SEND. Sessions are designed around the individual learner and can be accessed from home, providing additional encouragement and support in a welcoming environment.

Please take a look at our website to find out more about BrightPath and the support available to your family:

<https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-brightpath-support-available-for-children-and-families>



The banner features the logos for The Rosedale Hewens Academy Trust and Blue Magpie at the top. Below them is the BrightPath Coaching Programme logo with a sun icon and the tagline 'Free coaching. Brighter futures. Stronger communities.' The main text describes the programme as providing free online one-to-one support for children aged 5+ across the UK, covering academic progress, confidence, life skills, and a sense of belonging. It lists support areas: Maths, English and Science; positive mental health and wellbeing; and SEN support. The programme is completely free for referred families. The website URL is at the bottom.

**THE ROSEDALE HEWENS ACADEMY TRUST**

**BLUE MAGPIE**

**BrightPath**  
Coaching Programme  
*Free coaching. Brighter futures. Stronger communities.*

*Academic progress | Confidence | Life skills | A sense of belonging*

BrightPath provides free online one-to-one support for children aged 5+ across the UK.

They can support children with:

- Positive mental health and wellbeing.
- Maths, English and Science – providing additional one-to-one tutoring for children who may be struggling.
- SEN support.

The programme is completely free for families that are referred.

[www.therosedalehewensacademytrust.co.uk](http://www.therosedalehewensacademytrust.co.uk)

## 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.

## Year 6 Bikeability – 19th October to 22nd October

Year 6 have the opportunity to take part in the Bikeability training which promotes safe cycling. Unlike previous years, the Bikeability team are unable to provide the Dr Bike service, which allows them to look at your children's bikes to ensure they are safe and in good working order. In this instance, they have provided us with a link to a video so you are able to check your child's bike yourselves and make any necessary repairs should they be required. You can find this information on <https://bikeability.org.uk/cycle-more/be-prepared/looking-after-your-bike>. Thank you.

## Asthma Advisory Notice

The Hillingdon Champions of Asthma Team have requested we advise parents, guardians and carers of children who suffer from asthma to ensure their children take their preventative inhaler regularly every day, even if well. This advisory has been published as this time of year normally proves to be the most troublesome time for asthmatics.

## 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](http://www.hillingdon.gov.uk/secondary)). You will receive information with regard to applying for your child starting secondary school shortly via email.

## Starting secondary school

September 2027

For Hillingdon residents only

Apply online at

[www.hillingdon.gov.uk/schooladmissions](http://www.hillingdon.gov.uk/schooladmissions)  
Closing date for applications is Saturday 31 October 2026



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



## 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.

### 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>

### 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                       | Sugar          |
| Canned Fish                       |                |
| Tinned Fruits                     |                |
| Biscuits                          |                |
| Treats e.g. Chocolates and crisps |                |
| Sauces/Gravy                      |                |
| Tea or Coffee                     |                |
| Pasta                             |                |

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

### NEW Term Dates – 2026 to 2027

The 2026 to 2027 term dates are detailed on our website and can be accessed via <https://www.rosedaleprimary.co.uk/term-dates>

### 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](http://www.hillingdon.gov.uk/primary)). You will receive information with regard to applying for your child starting primary school shortly via email.

### Is My Child Too Ill for School?

We understand that it can sometimes be difficult for parents, guardians and carers to decide whether their child is well enough to attend school, especially when they have a cough, cold, temperature or another common childhood illness. The NHS provides helpful guidance explaining when children can continue attending school, when they should stay at home and when further medical advice may be needed. Children with mild illnesses can often still attend if they are otherwise feeling well and do not have a high temperature, while some illnesses require a period of absence to help children recover and reduce the spread of infection.

Please visit our website for more detailed guidance on common childhood illnesses and school attendance: <https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/is-my-child-too-ill-for-school>



### Is My Child Too Ill For School?

Does your child have a high temperature of 38°C or more?



Yes - keep them off school until it goes away.

No - visit our website for further guidance.

[www.therosedalehewensacademytrust.co.uk](http://www.therosedalehewensacademytrust.co.uk)

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.

Save the Date





# 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.

| <div><h2>OCTOBER 2026</h2></div> |                   |                                            |
|---------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------------|
| OCTOBER                                                                                                             |                   |                                            |
| 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             |

|                                                                                   |                                                          |
|-----------------------------------------------------------------------------------|----------------------------------------------------------|
|  | <b>Week Commencing: Monday 5th October</b><br><br>MENU 2 |
|-----------------------------------------------------------------------------------|----------------------------------------------------------|

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

