

Stay & Read

Reading is one of the top priorities for us at Brookside. Our pupils are given a range of opportunities to engage in reading throughout the day. To develop a passion and love for reading within the home, our parents, guardians and carers were invited to a 'Stay and Read Workshop'. Parents, Guardians and Carers were engaged in tips on how to read with their child, and to properly complete the reading record.



Parents, Guardian and Carers also engaged in age related tips on questioning, and reading comprehension skills. We look forward to continued support from our parents to our Stay and Read activities throughout the course of the academic year.





Diwali Celebrations at Brookside!

Diwali, is the festival of lights, joy, prosperity and happiness. The festival of Diwali is celebrated on the darkest night of the year in the Hindu month of Kartik. The children and staff at Brookside celebrated Diwali by creating a display and sharing information about the festival with their friends and peers.



International Stress Awareness Week - Monday 7th to Friday 11th November

International Stress Awareness Week is an annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues. Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational. There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout. Please visit the NHS website for more useful tips and advice on dealing with stress: (<https://trhat.co.uk/nhs-every-mind-matters-mental-health-issues-stress/>)

Primary School Admissions 2023

We would like to inform all parents, guardians and carers of children born between 1st September 2018 and 31st August 2019 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon, by post or online, is midnight on Sunday 15th January 2023. 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. The London Borough of Hillingdon states on their website that they cannot be held responsible for any delays in applications due to problems with postal or Internet service providers. Further information can be found on (<https://www.hillingdon.gov.uk/primary>) or by telephoning the School Placement and Admission Team at the Civic Centre, Uxbridge on 01895 556644



#AskAboutAsthma

3 - 9 October 2022

[healthyhillingdon.org/ask-about-asthma](https://www.healthyhillingdon.org/ask-about-asthma)

#AskAboutAsthma campaign by Healthy London Partnership

Did you know that children and young people with asthma should have an asthma action plan to help manage their condition? This is one of four #AskAboutAsthma asks which we want every Londoner to be aware of:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health

Together we can raise awareness around #healthinequalities and how to address them so every child and teenager has the right asthma care in place and go on to live a full, active life.

We are proud to support #AskAboutAsthma.

Find out more about the 2022 campaign at (www.healthyhillingdon.org/ask-about-asthma)

	Week Commencing: Monday 7th November
	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		

Kids in Need Charity Event: Non Uniform Day - Friday 18th November

All Parents, Guardians and Carers are invited to a cake sale on Friday 18th of November to support our 'Kids in Need Charity'. As a school, we teach our pupils the importance of giving back within the society, especially to those who are less fortunate. Kids in Need Charity is now in its 35th Year! We look forward to continued parental support as you make a difference in someone's life.

November 2022	
NOVEMBER	
Monday 7th to Friday 11th November	International Stress Awareness Week National Recycling Week
Friday 11th November	Remembrance Day
Monday 14th to Friday 18th November	UK Parliament Week World Nursery Week Road Safety Week Anti Bullying Week
Friday 18th November	Kids in Need Charity- Non-Uniform Day Student Council Election Day
Tuesday 22nd November	Student Council Pinning Ceremony