



### Panathlon competition



On Thursday 10th October, pupils from across KS1 and KS2 got to take part in the Panathlon sporting competition. It was a wonderful opportunity for the children to take part in a range of mini sporting activities. The activities included mini basketball, boccia, curling and bowling. It was fantastic to see the children grow in confidence with each activity, as well as having an amazing time and having lots of fun.



### Hello Yellow – World Mental Health Day

On Thursday 10th October 2024, our school was a bright and sunny place as students and staff came together to celebrate Hello Yellow, a special day to raise awareness about mental health. Everyone showed their support by wearing yellow, a colour that symbolizes hope, positivity, and energy. The day was not only fun and colourful but also a powerful reminder of the importance of taking care of our mental well-being.



Wearing yellow was a small but powerful gesture that united us all in support of mental health awareness. It showed that we stand together as a community, ready to listen, support, and be there for one another. Let's keep the spirit of Hello Yellow alive every day by checking in with our friends, practicing self-care, and reminding ourselves that it's okay to ask for help when we need it.



## Food Bank & Harvest Festival Collection - Donating Items

In celebration of World Food Day which happened on 16th October 2024 and Harvest Festival, we will be supporting our local food bank. 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:

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|--|---------------------|
| - Canned Meat                          | - Powered milk      |
| - Noodles or pasta                     | -Cooking Oil        |
| - Baked Beans                          | -Toilet Rolls       |
| - Tinned Tomatoes                      | -Deodorant          |
| - Cereals & Oats                       | -Toothbrush         |
| - Fruit Juice - Soups/ Instant Noodles | -Peanut butter      |
| - Long Life Milk                       | -Shower gel or soap |
| - Instant potato mix Tinned Vegetables | - Rice              |
| -Vegetarian options                    | -Savoury Crackers   |
| - Canned Fish                          | - Toothpaste        |
| - Tinned Fruits                        | -Tea or Coffee      |
| - Sauces/Gravy                         | -Shower gel or soap |
| -Razors for men and women              | -Canned Fruit       |
| -Sugar and honey                       | -Fruit juice        |
| -Pasta Sauces                          | -Jam                |
| -Tinned Pudding                        | -Pudding            |

If you would like to donate any of these items, please hand them into the School Office or your child's class teacher by Friday 22nd November 2024. We greatly appreciate your support. Thank you in advance.

## Individual Phototgraphs

The School's photographer is scheduled to visit on Monday 21st October 2024 to take individual photographs of the children. Please ensure that your child/children are in full school uniform, which includes black shoes, blazer and ties (for boys). We are unable to provide your child with missing items of uniform on this occasion. For those who have Physical Education (PE) on this date, please note that this lesson will be cancelled. As such, your child must attend school in full school uniform and appropriate school shoes.

## Parent Governor

We are seeking a new Parent Governor to join our school's Local Advisory Body. This is a fantastic opportunity for a parent, guardian or carer to play a key role in shaping the future of our school and supporting the continued success of our pupils. If you are interested in making a positive impact and would like to be considered for this position, please contact the school office for more information. We would love to hear from you!

Contact Details - School Office

Contact Number: 02088456634

## Under the Sea!

Year 4 Trip to SEALIFE London Pupils in Year 4 have been learning about different habitats and animals during science lessons. To consolidate what they have learnt, they will be going to the Sea Life Aquarium on 8th November 2024. At the Aquarium, pupils will see oceanic animals in their habitats. This experience will broaden their learning and their understanding of underwater animals and their environments. They will be able to point out the difference between mammals and fish. We hope this experience will give the pupils a better understanding of their scientific learning. Please ensure that if you would like your child to attend this trip, to pay via iPay to secure a place.

## Medication Reminder

Parents who have received a call from the school are kindly reminded to bring in any new or updated medication to the Pupil Welfare at the office. This ensures we can properly care for your child during the school day.

## Year 6 NCMP Height and Weight Check

Letters have been distributed for the Year 6 National Child Measurement Programme (NCMP) height and weight check. Please ensure you read the details regarding your child's scheduled check.

## Recycle Week! 'Recycle, Re-Use and Rescue Our Pre-Loved Uniform'

This year's theme is 'Rescue Me'. Help us to 'rescue' pre-loved uniform at our school by helping to raise awareness and encourage the use of our Recycle, Re-use Uniform Scheme within our school community. Should you have any unwanted items of uniform in wearable condition, please donate these to your child's school to support families who wish to locate and use pre-loved uniform. For further details, please visit our website and head to our 'Recycle and Re-Use Uniform' page under the 'Parents, Guardians and Carers' tab.

The graphic features a green background with a circular logo for 'THE ROSEDALE HEWENS ACADEMY TRUST' in the top left. In the center, there are two mannequins dressed in school uniforms: a boy in a suit and tie, and a girl in a blazer and skirt. Below the mannequins is a yellow speech bubble containing the text: 'Help us to reduce our carbon footprint by donating your pre-loved school uniform!' and 'Visit our website for more information'. At the bottom, there are two white buttons with green arrows and stars, labeled 'RECYCLE' and 'RE-USE'.

	<b>Week Commencing: Monday ..... September</b>
	<b>MENU 4</b>

MONDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts

TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Beans	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Beans	Non Halal
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts

WEDNESDAY		
Meal Choice 1	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 4	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Dessert Choice	Vanilla Ice Cream with Peaches	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	Cheese and Onion Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts

FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Potato Wedges	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts

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



**THE ROSEDALE HEWENS ACADEMY TRUST**

Help us to reduce our carbon footprint by donating your pre-loved school uniform!

Visit our website for more information

**RECYCLE** **RE-USE**

	<h1>October - November 2024</h1>
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**OCTOBER- Black History Month**

Tuesday, 1st - Thursday, 31st      Black History Month

Monday, 21st      Individual Photograph Day

**Monday, 28th - Friday, 1st November**      **Halfterm Break**

**NOVEMBER**

**Monday, 4th**      **8:30 a.m.**      **Autumn 2 Term begins**

Tuesday, 5th      Guy Fawkes Night/ Bonfire Night

Friday, 8th      World Science Day

Friday, 8th      Trip to SEALIFE - Year 4

Monday, 11th - Friday, 15th      Anti-Bullying Week

Monday, 11th      Remembrance Day

Monday, 11th      Great Fire of London Workshop Year 2

Thursday 14th      Yeading Library Visit - Year 5

Friday, 15th      BBC Children in Need- Non Uniform

Sunday, 17th - Saturday, 23rd      Road Safety Week

Monday, 18th - Friday, 22nd      Phonics, Rising Stars and SATS Assessment Week

Monday, 18th - Friday 22nd      Road Safety Week

Tuesday 19th      Yeading Library Visit - Year 4

Thursday 21st      Yeading Library Visit - Year 6

Thursday 21st      Wonderdome Experience - Year 1 and Year 5

Wednesday 27th - Thursday 28th      Last day of After-School Fun Clubs

Thursday, 28th      Last Day of Autumn Boosters

Thursday, 28th      Last Day of After School Fun Clubs

Friday, 29th      St. Andrew's Day

**DECEMBER**

Monday 2nd      Hearing and Vision Check - Reception