



### Year 4 Gurdwara

On Tuesday 10th March 2026, the Year 4 pupils visited a Gurdwara as part of their Religious Education lesson. During this visit, they had the opportunity to learn about how Sikhs pray, worship and live by their faith. It also helped them think about important British values such as respect, tolerance and understanding of different faiths and cultures. During their visit, pupils got the chance to see the Guru Granth Sahib, the Sikh holy book, which is treated with great honour. They learned that Sikhs gather at the Gurdwara to pray, listen to teachings from the holy book and sing hymns called kirtan. Additionally, pupils learned about the Langar (community kitchen) In this setting, people sat together on the floor and shared a free meal. This showed an important Sikh belief that all people are equal, no matter their background, religion or status.



## Metropolitan Police Visit

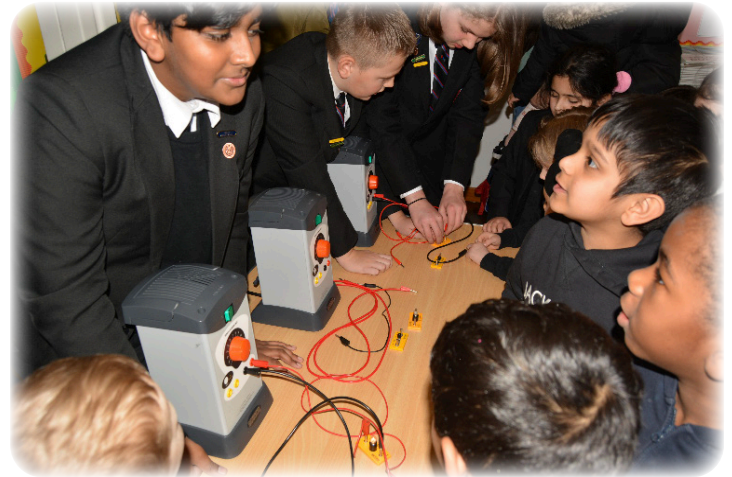
On Monday 9th March 2026, to mark the end of National Careers Week, we were delighted to welcome officers from the Metropolitan Police who visited our pupils aspiring to become police officers or work within the police force. During the visit, pupils had the opportunity to speak with the officers and learn more about what their roles involved. The officers explained their day-to-day responsibilities, showed pupils parts of their uniform, and shared what it takes to work in the police service.



One of the highlights of the visit was when pupils explored the police van and even sat inside it, which created lots of excitement and curiosity. The experience gave pupils a real insight into policing and helped inspire those interested in pursuing a career in this field. We would like to thank the Hayes Metropolitan Police Officers for taking the time to visit and support our pupils during National Careers Week.

## Science Fair

On Friday 13th March, Brookside Primary School proudly hosted its Science Fair as part of British Science Week. The school was buzzing with excitement as pupils from different year groups presented a range of engaging science projects, experiments and interactive activities. Families joined us to explore the displays and support the children, making the afternoon a wonderful celebration of curiosity, creativity and hands-on learning. We would also like to thank the students from Rosedale College and Hewens College for their support and inspiring demonstrations. Well done to all our pupils for their





## Fairtrade Yumminess!!

In Design and Technology, the Year 2 children have been exploring the world of chocolate. On Tuesday, 10th March, the Year 2 children had an exciting time baking up a storm using Fairtrade-branded products such as chocolate, sugar and cocoa powder to bake yummy brownies. What a truly fun activity it was for them!



## Practical Pedestrian Training- Year 2

On March 13th, children in Year 2 took part in Indoor and Outdoor Practical Pedestrian Training sessions delivered by the STARS Teams from the Hillingdon borough. The children were split into small groups and learned about the road hazards and how to keep themselves safe when walking on the pavements and crossing roads, particularly busy ones. Once they received their initial training, the children put into practice all they had learned on the road outside the school (Perth Avenue). They were very engaged throughout the session and gained valuable knowledge about being responsible pedestrians.



## Thrive Website Now Live! - Supporting Mental Well-being

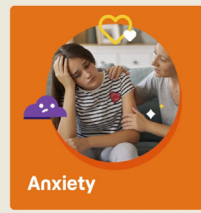
### Thriving together

Welcome to Thrive Hillingdon, the emotional wellbeing and mental health service for children and young people in Hillingdon.



#### How Thrive can help you

Let us know how we can help you by choosing a box below, so that we can give you the best support possible...



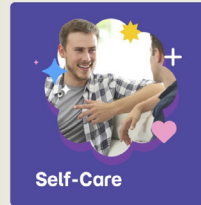
Anxiety



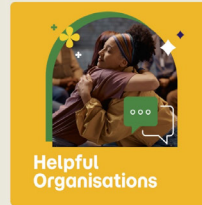
Depression



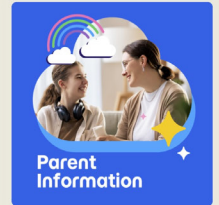
Eating Disorders



Self-Care



Helpful Organisations



Parent Information

**NHS** [www.thrivehillington.co.uk](http://www.thrivehillington.co.uk)

A new online mental-wellbeing resource, Thrive Hillingdon, has recently been launched and is now available for families, young people, and professionals across the borough. The website brings together clear information, self-help tools, signposting, and a wide range of emotional well-being resources in one easy-to-access place. Its aim is to help children, young peo-

### School Drop-Off & Pick-Up Safety – Important Information from Hillingdon Council

We have received updated guidance from the STaRS Team at Hillingdon Council regarding safe behaviour during school drop-off and pick-up times. The council has highlighted ongoing concerns about unsafe parking, congestion, and road safety around schools, and is asking all families to help create a safer, calmer environment for children and the wider community. To support this, the STaRS Team has provided a detailed School Drop-Off & Pick-Up Safety Information Guide, which outlines important reminders about responsible driving, safe crossing points, and following road markings such as yellow zig-zags and double yellow lines. You can download the full document from our school/college website for more information: <https://www.therosedalehewensacademy-trust.co.uk/school-dropoff-and-pickup-safety-important-information-from-hillingdon-council>



## IMPORTANT INFORMATION


### SCHOOL TRAVEL AND ROAD SAFETY




VISIT OUR WEBSITE AND  
DOWNLOAD THE SCHOOL  
TRAVEL AND ROAD SAFETY  
INFORMATION GUIDE

### Early Dismissal – Friday 27th March 2026

Please be advised that school will finish early on Friday 27th March 2026 for the end of term. EYFS and KS1 will be dismissed at 11:45 a.m., and KS2 will be dismissed at 12:00 p.m. Please ensure your child is collected promptly at their allocated time. We thank you for your continued support and wish all our families a wonderful and restful spring break!

|  <b>March 2026</b> |   |
|---|---|
| March   |   |
| Saturday 21st   | World Poetry Day  |
| Sunday 22nd   | World Water Day   |
| Monday 23rd   | Inter Year Group Mathematics Quiz Competition             |
| Monday 23rd   | EYFS Spring Walk  |
| Tuesday 24th  | Year 4 Multiplication Times Table Check Parents' Workshop |
| Wednesday 25th<br>10:00 a.m   | Easter Bonnet Parade                                      |
| Thursday 26th<br>9:10 a.m   | Year 3 Brasilia Parent Assembly                           |

|   |   |
|---|---|
|  | <b>Week Commencing: Monday 23rd March 2026</b><br><br><b>MENU 3</b> |
|---|---|

| MONDAY  |   |                          |
|---|---|--------------------------|
| Meal Choice 1   | Chicken Sausages with Mashed Potatoes and Onion Gravy   | Halal                    |
| Meal Choice 2   | Chicken Sausages with Mashed Potatoes and Onion Gravy   | 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  | Orange Jelly  | Fresh Fruit and Yoghurts |
| TUESDAY   |   |                          |
| Meal Choice 1   | Beef Lasagne with Fresh Salad   | Halal                    |
| Meal Choice 2   | Beef Lasagne with Fresh Salad   | Non Halal                |
| Meal Choice 3   | Vegetarian Lasagne with Fresh Salad   | Vegetarian               |
| Meal Choice 4   | Minced Beef with Gluten free Pasta  | Gluten/Dairy Free        |
| Dessert Choice  | Chocolate Mousse  | Fresh Fruit and Yoghurts |
| WEDNESDAY   |   |                          |
| Meal Choice 1   | Barbecue Grilled Chicken Breast with Rice   | Halal                    |
| Meal Choice 2   | Barbecue Grilled Chicken Breast with Rice   | Non Halal                |
| Meal Choice 3   | Baked Jacket Potato with Various Fillings   | Vegetarian               |
| Meal Choice 4   | Barbecue Grilled Chicken Breast with Rice   | Gluten/Dairy Free        |
| Dessert Choice  | Apple Crumble   | Fresh Fruit and Yoghurts |
| THURSDAY  |   |                          |
| Meal Choice 1   | Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa                  | Halal                    |
| Meal Choice 2   | Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa                  | Non Halal                |
| Meal Choice 3   | Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa | Vegetarian               |
| Meal Choice 4   | Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa                                 | Gluten/Dairy Free        |
| Dessert Choice  | Vanilla Sponge with a Pineapple Ring and a Cherry   | 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   | Macaroni Cheese   | Vegetarian               |
| Meal Choice 4   | Gluten free Fish Fingers with Gluten free Potato Wedges and Beans                             | Gluten/Dairy Free        |
| Dessert Choice  | Chocolate Brownie Tray Bake   | Fresh Fruit and Yoghurts |
| Please note that all main meals are served with Fresh Vegetables of the Day |   |                          |