



Hewens Road,
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FRIDAY 2ND MAY, 2025

CONTACT US ON



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GCSE Geography Trip

As the GCSEs are fast approaching, our Year 11 Geographers have been hard at work. Year 11 students visited the Queen Elizabeth Olympic Park to explore the impacts and benefits of urban regeneration. From sustainable infrastructure to community development, students got a firsthand look at how London's 2012 Olympics legacy has transformed and uplifted the area.



THE ROSEDALE HEWENS ACADEMY TRUST

A Night Under The Stars

★ THE ROSEDALE HEWENS ACADEMY TRUST ★
★ **YEAR 11 PROM 2025** ★
★ MUSIC | DANCING | DELICIOUS FOOD | AWARDS | ENTERTAINMENT ★
★ BOOK YOUR TICKET BY FRIDAY 6TH JUNE! ★

Tickets are now available to purchase via iPayimpact

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THE ROSEDALE HEWENS ACADEMY TRUST

Managing Exams and Self-Care

- Create a Study Schedule ✓
- Take Regular Breaks ✓
- Stay Active ✓
- Eat Well ✓
- Practice Relaxation Technique ✓
- Stay Positive ✓

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|--|------------------------------|
|  | May 2025 |
| May | |
| Thursday 8th | GCSE Citizenship examination |
| Tuesday 8th | Trip to Kew Garden |
| Friday 23rd | Year 11 Leavers Assembly |

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|---|---|
|  | <p>Week Commencing: Tuesday 6th May</p> <p>MENU 3</p> |
|---|---|

| TUESDAY | | |
|---|---|---------------------------------|
| Meal Choice 1 | Chicken Tikka Masala with Rice | Halal |
| Meal Choice 2 | Beef Lasagne with Fresh Salad | Halal |
| Meal Choice 3 | Beef Lasagne with Fresh Salad | Non Halal |
| Meal Choice 4 | Vegetarian Lasagne with Fresh Salad | Vegetarian |
| Meal Choice 5 | Minced Beef with Gluten free Pasta | Gluten/Dairy Free |
| Vegetables | Broccoli and Cauliflower Florets | |
| Dessert Choice | <i>Chocolate Mousse</i> | <i>Fresh Fruit and Yoghurts</i> |
| WEDNESDAY | | |
| Meal Choice 1 | Lamb Koftas with Rice and a Yogurt and Cucumber Dip | Halal |
| Meal Choice 2 | Barbecue Grilled Chicken Breast with Rice | Halal |
| Meal Choice 3 | Barbecue Grilled Chicken Breast with Rice | Non Halal |
| Meal Choice 4 | Chickpea and Lentil Curry | Vegetarian |
| Meal Choice 5 | Barbecue Grilled Chicken Breast with Rice | Gluten/Dairy Free |
| Vegetables | French Beans and Sweetcorn | |
| Dessert Choice | <i>Apple Crumble</i> | <i>Fresh Fruit and Yoghurts</i> |
| THURSDAY | | |
| Meal Choice 1 | Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa | Halal |
| Meal Choice 2 | Cajun Chicken in a Ciabatta Roll 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 |
| Vegetables | Baby Carrots and Peas | |
| Dessert Choice | <i>Vanilla Sponge with a Pineapple Ring and a Cherry</i> | <i>Fresh Fruit and Yoghurts</i> |
| FRIDAY | | |
| Meal Choice 1 | Fish Fingers with Oven Baked Potato Wedges | |
| Meal Choice 2 | Salmon and Dill Fishcakes with Potato Wedges | |
| Meal Choice 3 | Chicken Fillet with Potato Wedges | Halal |
| Meal Choice 4 | Gluten free Fish Fingers with Gluten free Potato Wedges and Beans | Gluten/Dairy Free |
| Vegetables | Broccoli and Mushy Peas | |
| Dessert Choice | <i>Chocolate Brownie Tray Bake</i> | <i>Fresh Fruit and Yoghurts</i> |
| <p><i>Please note that all main meals are served with Fresh Vegetables of the Day, Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily</i></p> | | |

Notice from Hillingdon - Online Parenting Support

We understand that getting support as a working parent to young children can be challenging. That's why the Hillingdon Family Hub Network has created an online parenting offer specifically designed to support working parents. Workshops and courses are available both during the day and in the evening and delivered by qualified early years staff in an engaging and non-judgemental manner.

Our workshops cover essential topics such as:

- Fussy Eating
- Toilet Training
- Behaviour Strategies
- Support for parents transitioning their children into childcare and/or school

Additionally, we offer two comprehensive online parenting courses:

• Exploring Parenting Together - A fun five-week course designed to help parents improve their relationship and behaviour with their children.

• Ducklings - A four-week course aimed at supporting parents who have a child newly diagnosed with autism spectrum condition or who is awaiting an assessment with the Child Development Centre. Visit our website for more information: <https://www.therosedalehewensacademytrust.co.uk/notice-from-hillingdon-online-parenting-support>