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FRIDAY 30TH JANUARY 2026

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Tower of London Trip

Our Year 10 GCSE History students have been immersing themselves in the world of Norman England, developing a strong understanding of castle design and defensive features. This learning came vividly to life during an exciting educational visit to the Tower of London — one of the most iconic fortresses in British history. Built by William the Conqueror shortly after the Norman invasion, the Tower provided the ultimate case study for students exploring how castles were used to control, defend, and dominate. Having already designed their own Norman castles in class, students were able to see real examples of keeps, curtain walls, battlements, and defensive layouts first hand. Walking the historic walls and standing within a fortress that has witnessed nearly a thousand years of history helped students make meaningful connections between classroom theory and the real world. The experience deepened their understanding and brought their studies to life in a memorable and engaging way. This visit perfectly reflects our commitment to learning beyond the classroom — turning knowledge into experience and curiosity into confidence. A huge thank you to Ms Edwards for organising such a valuable and inspiring trip.



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Children's Commissioner – A Guide For Parents On Managing Children's Digital Lives

We would like to inform parents, guardians and carers about a new guide published by the Children's Commissioner for England, "What I Wish My Parents or Carers Knew: A Guide for Parents on Managing Children's Digital Lives."

The guide explores the challenges young people face growing up in a digital world and offers practical advice to help families navigate children's everyday online habits.

Developed with direct input from children and young people across England, it highlights their desire for firm, informed boundaries around smartphone and internet use, as well as the importance of parents staying engaged and protective when they are concerned about what their child may be viewing online.

With schools across the country reporting increasing worries about online safety, this guide aims to support parents, guardians and carers and schools in working together to keep children safe. We encourage all families to read the guide which can be found on our website:

<https://www.therosedalehewensacademytrust.co.uk/childrens-commissioner-a-guide-for-parents-on-managing-childrens-digital-lives>

Save the Date! Education and SEND Parent Event

Visit the Civic Centre, Uxbridge on Monday, 26th January 2026, from 10:00am to 2:00pm for an essential event dedicated to supporting families and children with Special Educational Needs and Disabilities (SEND).

This is your opportunity to:

- Hear from experts including the SEND Advisory Team, Children's Integrated Therapies, SENDIASS, Parent Carer Forum, Local Offer, and Family Hubs
- Access valuable resources and advice to help your child thrive
- Connect with professionals and other parents for guidance and support

Spaces are limited and offered on a first-come, first-served basis, so don't miss out! Reserve your place today by completing the registration form below.

Let's work together to make a positive difference for children and families in our community.

Register your spot here:

<https://www.therosedalehewensacademytrust.co.uk/save-the-date-education-and-send-parent-event>

 <h1>February 2026</h1>	
February	
Thursday 12th	SENS Carrers Fair
Monday 16th - Friday 20th	Half Term
Monday 23rd	Year 11 Mock Examination

	<p>Week Commencing: Monday 2nd February</p> <p>MENU 1</p>
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MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
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
Vegetables	Baby Carrots and Peas	
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts
<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>		