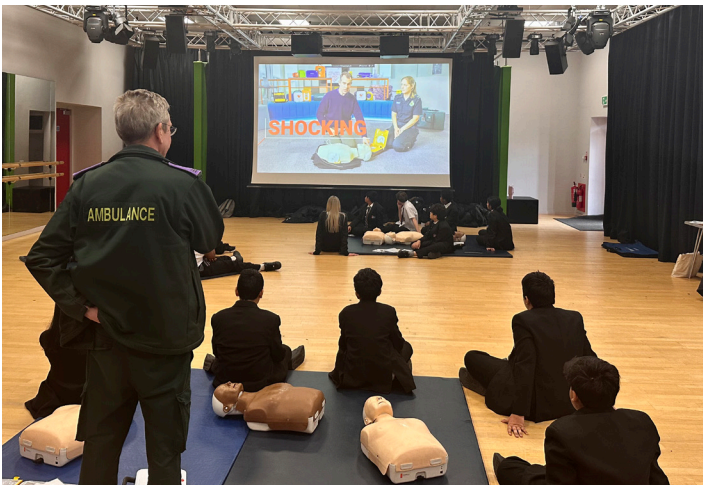


London Life Savers

Year 8 students recently took part in an engaging and informative CPR training session delivered by the NHS training team. The day provided a valuable opportunity for students to learn essential life-saving skills and to better understand how to respond in an emergency situation.

Throughout the session, students demonstrated excellent focus, enthusiasm, and maturity as they practised CPR techniques and developed their confidence in handling real-life scenarios. It was particularly encouraging to see such positive engagement with a skill that has the potential to make a significant difference in critical moments.

We would like to extend our sincere thanks to the NHS trainers for their time, expertise, and commitment to educating our students. Their efforts have helped to inspire the next generation of responsible and capable individuals who are better prepared to support others in times of need.



Greetings for Eid - 2026



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.thrivehillingdon.co.uk

Thrive Website Now Live!

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 people, and their families understand what support is available locally and how to access it when needed.


We hope this will be a useful resource for our college community. You can visit the site here: <https://www.therosedalehewensacademytrust.co.uk/new-thrive-website-supporting-childrens-mental-wellbeing>

Absence Training

In the event of your child being unable to attend college, please contact the main reception on 02085731039 before 8:45am. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent.

The only exception to this is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital.

The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college.

	March 2026
March	
Tuesday 24th	Year 8 vaccinations
Friday 27th	Early staggered end of day

	Week Commencing: Monday 23rd March MENU 1
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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
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		

School Drop-Off & Pick-Up Safety



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 college website for more information: <https://www.therosedalehewensacademytrust.co.uk/school-dropoff-and-pickup-safety-important-information-from-hillingdon-council>