



Geography Field Trip – Stratford and East London

Our Year 11 geographers recently enjoyed their final field trip before the exam season – a fantastic opportunity to bring classroom learning to life.

During the visit to Stratford and East London, students explored two contrasting locations: the Olympic Park and Westfield area, alongside an older shopping centre and its surrounding residential environment. This comparison enabled them to investigate key geographical themes, including environmental quality and urban rebranding strategies.

Throughout the day, students collected valuable real-world data, developing skills that will directly support their GCSE Geography Paper 3 preparation. Just as importantly, the trip provided time for meaningful discussion, collaboration, and shared experiences beyond the classroom.

It was a memorable and productive day for all involved. We wish our Year 11 students the very best as they continue their revision and prepare for their upcoming exams.



Year 8 Visit to a Buddhist Vihara

Last week, our Year 8 students took part in a meaningful and enriching visit to a local Buddhist Vihara, providing a valuable opportunity to deepen their understanding of religious beliefs and practices.

During the trip, students explored the reflective surroundings, learning about key aspects of Buddhism, including mindfulness, compassion, and respect for others. They observed traditional practices and engaged thoughtfully by asking insightful questions, demonstrating curiosity and maturity throughout the visit.

The experience also encouraged students to reflect on the importance of kindness and consideration in their everyday lives, helping to reinforce values that extend beyond the classroom.

This was a truly rewarding visit, supporting both academic learning and personal development.



Examination Season


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 ✓

May Bank Holiday

Please note that Monday 4th May is the May Day Bank Holiday therefore the College will be closed. College will resume at the normal time of 8:45am on Tuesday 5th May. Thank you.

	<h1>May 2026</h1>
May	
Wednesday 6th	Year 10 trip to Kew Garden
Thursday 7th	Year 9 Cyber Choice

	<p>Week Commencing: Monday 1st May</p> <p>MENU 4</p>
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MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	Non Halal
Meal Choice 4	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 5	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Vegetables	Carrots and Green Cabbage	
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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		

Nutritious & Healthy Dinner Workshops

Learn Hillingdon is offering hands on Healthy Dinner Workshops this summer at the Civic Centre in Uxbridge, designed for adults who are on a low income, unemployed, or managing Type 2 diabetes or other medical conditions. These practical sessions help participants learn to cook simple, nutritious meals, with all ingredients provided, including vegetarian and halal options. There are 10 sessions available, with individuals able to attend up to three workshops, taking place on Tuesdays from 12:45pm to 3:15pm. Visit our website for more information: <https://www.therosedalehewensacademytrust.co.uk/nutritious-and-healthy-dinner-workshops>