



Hewens Road,
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FRIDAY 2ND OCTOBER 2026

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Open Evening

On Thursday 24th September, we hosted our Open Evening for prospective Year 7 students from across the borough. Due to the hard work of the Hewens Team, the College once again replicated the rounded experience that this occasion provided in previous years. All subjects were showcased with different elements of the course engaging prospective students and providing them with enriching experiences.

As ever, Science put on a strong show with their stimulating range of experiments but it was Ms Lane and their team of actors who stole the show with their amazing theatrical performance and melodious singing. Our student guides worked effortlessly to ensure that the event was a success, providing visitors with an unparalleled experience with their warm, cheerful and mature manner. We hope to see many of our visiting Year 6s in Year 7 next year!



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Free NHS flu vaccinations at school

Help protect your child and those around them from flu this winter. The NHS School Aged Immunisation Service will be offering eligible children their free flu vaccination at school. Getting vaccinated helps protect your child and can also reduce the spread of flu to family, friends and the wider community. A porcine-gelatin-free injectable alternative to the nasal spray is available for families who prefer this option.

For more information visit our website: <https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-nhs-flu-vaccination-at-school>



A porcine-free flu vaccine is available

Protect your child from flu this winter

Your child will be offered a **free** NHS flu vaccination as part of the school-aged vaccination programme.

The vaccine usually offered to children is a nasal spray. The nasal flu vaccine contains a small amount of porcine gelatine.



You do not have to choose the nasal spray - a porcine-free alternative is available.

PREFER A VACCINE WITHOUT PORCINE GELATINE?

A **porcine-free** injectable flu vaccine is also available.

If you do not want your child to receive a vaccine containing porcine gelatine for religious, cultural or personal reasons, you can request the injectable flu vaccine instead.

TWO VACCINE OPTIONS

NASAL SPRAY



- Given as a quick spray into each nostril
- The preferred vaccine for most children
- Contains a small amount of porcine gelatine
- No needle is needed

INJECTABLE VACCINE



- Given as an injection, usually in the upper arm
- Does not contain porcine gelatine
- Available for children who cannot have, or whose parents prefer not to have, the nasal spray

WHY VACCINATE AGAINST FLU?

Flu can make children very unwell and can spread easily at school and at home.

- Protect them from flu and its complications
- Reduce the chance of flu spreading to family and friends
- Protect people who may be more vulnerable to becoming seriously ill

HOW DO I CHOOSE THE PORCINE-FREE VACCINE?

When you receive your child's flu vaccination consent form, complete it as instructed and select the injectable flu vaccine if you would prefer the porcine-free option.

If you have questions or need help completing your child's consent, please contact the Vaccination UK team.

VACCINATED AT SCHOOL | PROTECTED FOR WINTER

WWW.SCHOOLVACCINATION.UK



 October 2026	
September	
Wednesday 7th	Year 13 Mock Interview
Wednesday 14th	Year 11 Exam Success Evening

		Week Commencing: Monday 5th October MENU 2
MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	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		

Is My Child Too Ill for School?

We understand that it can sometimes be difficult for parents, guardians and carers to decide whether their child is well enough to attend school, especially when they have a cough, cold, temperature or another common childhood illness. The NHS provides helpful guidance explaining when children can continue attending school, when they should stay at home and when further medical advice may be needed. Children with mild illnesses can often still attend if they are otherwise feeling well and do not have a high temperature, while some illnesses require a period of absence to help children recover and reduce the spread of infection.

Please visit our website for more detailed guidance on common childhood illnesses and school attendance: <https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/is-my-child-too-ill-for-school>