



Student Christmas Dinner!

On Wednesday 17th December, our amazing Parkside students gathered for a festive Christmas dinner filled with laughter, joy and delicious food!

It was wonderful to see everyone come together to celebrate the season and share in the holiday spirit.



Youth Vaping Statement – Information for Parents, Carers and Guardian

Vaping among children and young people is an increasing concern across London. To help address this, a London-wide Youth Vaping Position Statement has been agreed by London’s Directors of Public Health and coordinated by the London Tobacco Alliance.

This statement sets out clear, evidence-based messages to protect young people from the harms of vaping and to ensure consistent information is shared across schools, communities and services. Visit our website to watch a short statement of the video: (<https://www.therosedalehewensacademytrust.co.uk/youth-vaping-information-for-parents-carers-and-guardians>).




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 Register your spot here: (<https://www.therosedalehewensacademytrust.co.uk/save-the-date-education-and-send-parent-event>)

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|  | Week Commencing: <i>Monday 12th January</i> | |
| | 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 | Guorn 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 | | |

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|  | January 2026 to March 2026 |
| January | |
| Wednesday 7th | Term Begins |
| February | |
| Monday 16th to Friday 20th | Enrichment Week |
| March | |
| Monday 30th to Thursday 2nd April | Enrichment Week |
| Friday 3rd | Good Friday |