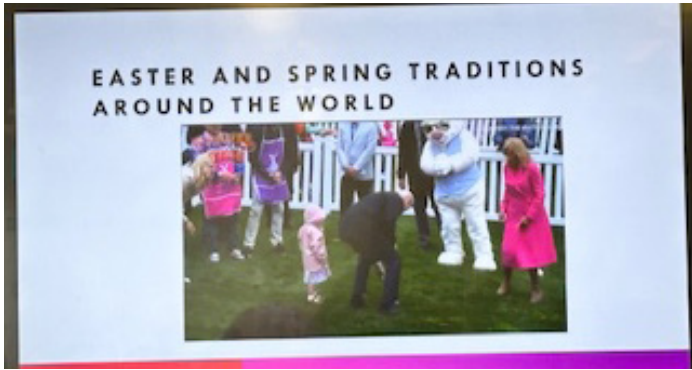




Easter and Spring Traditions Assembly!

On Wednesday 25th March, the whole of Parkside Studio college came together in an assembly to explore the meaning of Easter and the beautiful traditions that bring this season to life. Easter traditions from across the globe were looked at and students were fascinated to learn about the different ways in which Easter is celebrated around the world. A big thank you to Ms Foreman for leading such an engaging and thoughtful assembly.



Easter Wellbeing Workshops

This Easter, the Hillingdon Youth Offer Targeted Team is inviting children and young people to take part in the #DoSomethingThisHoliday (Easter 2026) wellbeing programme—packed with creativity, confidence-building activities, teamwork and fun! Sessions for School Years 7+ will run on Monday 30 March and Tuesday 31 March, while School Years 4 to 6 can join on Wednesday 1 April and Thursday 2 April, all at Harlington Young People's Centre (10am–3pm). Activities include an exciting offsite trip to Walton Firs Activity Centre, creative arts, cooking, sports, and personal development workshops. To find out more or request a place, please visit our website: (<https://www.therosedalehewensacademytrust.co.uk/easter-wellbeing-workshops>). You can also explore additional holiday and year-round opportunities for children and young people.

Nutritious & Healthy Dinner Workshops

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>).

Thrive Website Now Live! - Supporting Mental Well-being

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>).

Quote of the Week

'To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment'.

Ralph Waldo Emerson

	Week Commencing: Monday 13th April	
	MENU 4	
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
<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>		

	March to April 2026
March	
Tuesday 24th	Media Trip to Cineworld High Wycombe
Friday 27th	Term ends (early dismissal)
Monday 30th to Thursday 2nd April	Enrichment Week
April	
Friday 3rd	Good Friday
Monday 6th	Bank Holiday
Tuesday 7th to Friday 10th	Easter Holiday
Monday 13th	Staff Training Day
Tuesday 14th	Academic Tutoring Day
Wednesday 15th	Term Begins
May	
Monday 4th	Bank Holiday
Monday 25th	Bank Holiday
Tuesday 26th to Friday 29th	Enrichment Week