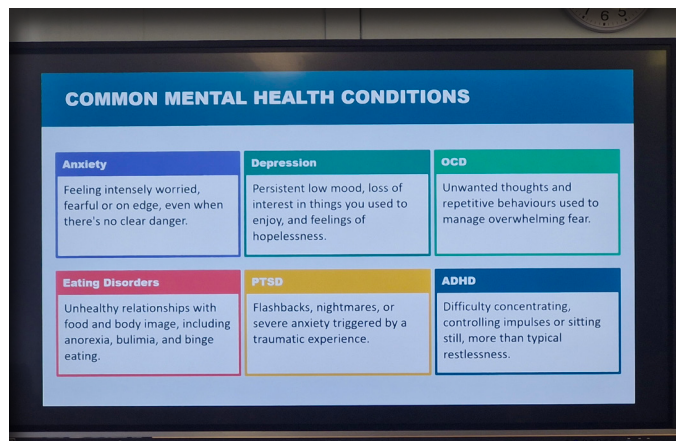
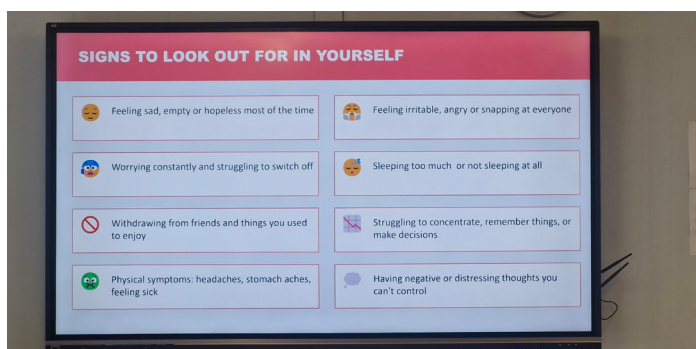
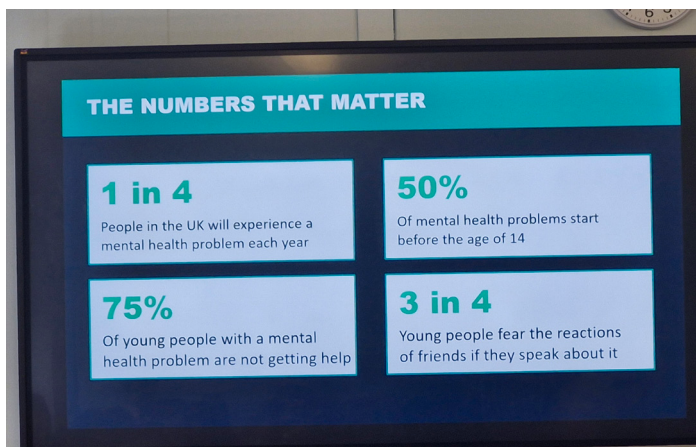


Mental Health Awareness Week Assembly

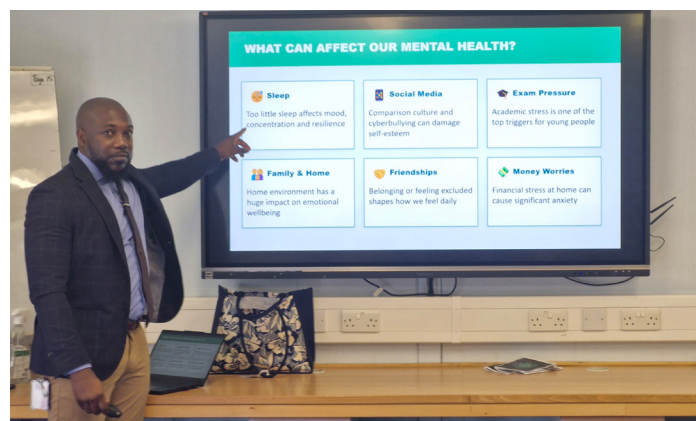
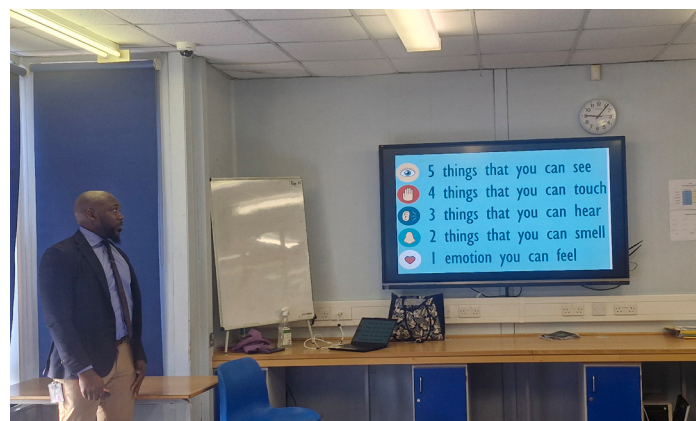
On Wednesday 22nd April 2026, Year 9, 10 and 11 students of Parkside Studio College attended a Mental Health Awareness Week assembly delivered by Mr Downes. The session focused on raising awareness, reducing stigma, and encouraging students to look after their wellbeing.

Students explored what mental health is, learning that it exists on a spectrum from thriving to crisis, and that it is normal for this to change over time. Key statistics highlighted the importance of the topic, including that 1 in 4 people experience a mental health issue each year and many young people do not seek support.



The assembly covered common triggers such as exam pressure, social media, and sleep, alongside warning signs to look out for in themselves and others. Students were given practical strategies, including the "Five Ways to Wellbeing" (connect, be active, take notice, keep learning, give) and simple daily habits to support mental health.

The session ended with a clear message: asking for help is a strength, not a weakness. Students were reminded of the support available both in school and through external services, reinforcing that no one has to struggle alone.



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>).

Supporting Rainbow Ward at Hillingdon Hospital

- Help Us Bring Joy to Young Patients

Rainbow Ward at Hillingdon Hospital cares for children undergoing oncology treatment, day surgery, medical procedures, allergy challenges and regular blood infusions, and many of these young patients spend long, difficult hours on the ward without any entertainment to bring comfort or distraction. To help brighten their days, we're hoping to help raise £1,000 to £1,200 for a mobile gaming and entertainment trolley, and with your help and support—alongside fundraising from our wonderful schools and colleges—we hope to reach this goal.

How You Can Make a Difference - Donate to the GoFundMe

Whether it's 50p, £2, £10 or £20, every single donation brings us closer to placing this trolley into the hands of the children who need it most. Visit our website for more information and to access the GoFundMe page. We kindly ask you to donate, only if you can, share it with others, and support in any way possible to help bring joy, comfort and a much-needed spark of happiness to the children of Rainbow Ward. Small acts of kindness become huge moments of happiness — and together, we can make this happen! (<https://www.therosedalehewensacademytrust.co.uk/supporting-rainbow-ward-help-us-bring-joy-to-young-patients>)

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>).

	Week Commencing: Monday 27th April
MENU 3	

MONDAY		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	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	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	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		

	May 2026
May	
Monday 4th	Bank Holiday
Wednesday 6th May	VTCT Hair and Beauty Examination
Monday 11th May	GCSE English Literature Paper 1 Examination
	GCSE Business Studies Paper 1 Examination
Monday 25th	Bank Holiday