



## Year 10 Life Skills: Baking Cakes

Year 10 students have recently been developing their baking skills as part of their Life Skills lessons, this week they baked cupcakes. This hands-on experience has been a fantastic way to build confidence, independence, and practical kitchen skills.

Students learnt how to accurately measure ingredients, follow step-by-step recipes, and understand the importance of timing and temperature in baking. They also explored basic food hygiene and kitchen safety, ensuring good habits are developed alongside their skills.

The lessons were a great success, with students showing enthusiasm, teamwork, and pride in their achievements—especially when they got to taste the results!



## Upcoming Public Examinations

As you may be aware, the examination season for Year 11 and Post 16 starts week commencing Monday 4th May and ends on Tuesday 16th June 2026. In order to ensure all students, have the best opportunity of success in their upcoming GCSE and GCE examinations, it is important that students settle into regular and structured home revision. Below are some tips for parents, guardians and carers on how to help your child with home revision:

- Keep siblings occupied at revision times
- Ensure they are properly hydrated and are eating well
- Ensure they have adequate sleep
- Help them to put a home revision schedule together
- Break revision times into small 15-to-20-minute periods
- Keep positive, create a 'can do' attitude

## 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>)


## Quote of the Week

'Education is for improving the lives of others and for leaving your community and world better than you found it'.

*Mariam Wright Edelman*

	<b>Week Commencing: Monday 4th May</b>
	<b>MENU 4</b>

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
<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>		

	<h1>May to June 2026</h1>
May	
Monday 4th May	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
Friday 22nd May	Term Ends
Monday 25th to Friday 29th May	Enrichment Week
Monday 1st June	Term Begins