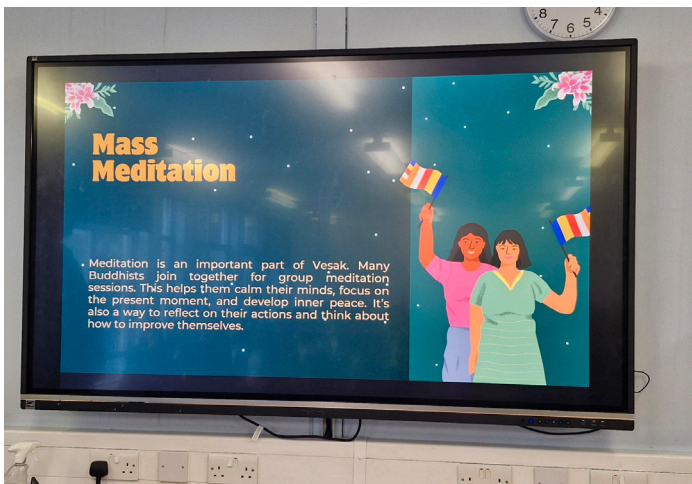




Vesak – Buddhist Values Assembly

This week's whole college assembly was about Vesak, one of the most important festivals in Buddhism. Vesak commemorates the birth, enlightenment and passing of Siddhartha Gautama.

Buddhists around the world celebrate Vesak by visiting temples, lighting candles, meditating, sharing meals and helping those in need. The festival is a time to reflect on important values that can inspire us all in our everyday lives.



During the assembly students explored key Buddhist values such as kindness, compassion, peace and generosity. Students learned how small acts of kindness can make a positive difference to others and how showing understanding and respect helps to create a caring community.

Students reflected on ways they can demonstrate these values in college by including others, speaking thoughtfully, helping friends and showing gratitude. Vesak reminds us that everyone can contribute to making the world a more peaceful and compassionate place.

We are proud of the thoughtful discussions and reflections shared by our students as they learned about this special celebration.



Parkside Studio College Open Day - Wednesday 27th May 2026


Parkside Studio College is delighted to invite prospective students and families to our Open Day on Wednesday 27th May 2026, from 11:45am to 3:00pm. Designed for students aged 14 to 19 years old, Parkside offers an interactive, hands-on approach to education, combining academic learning with real-world creative and technical skills. Visitors will have the opportunity to explore our professional Media Suite and fully equipped Hair and Beauty Salon, where students gain practical, industry-relevant experience by creating, filming, editing, designing, and delivering real treatments as part of their learning. You'll also meet our expert teaching team, learn about our industry-linked curriculum, explore entry routes and progression options, and discover how we support confidence, creativity, and career readiness. If you're looking for an inspiring, practical learning environment, book your place and see Parkside in action. (<https://www.parksidestudiocollege.co.uk/parkside-open-day-wednesday-27th-may-2026>)

Year 11 Prom - Friday 10th July 2026


We are excited to announce the Year 11 Prom – “A Night Under the Stars”, taking place on Friday 10th July 2026 from 7:00pm to 11:30pm at The Pinewood Hotel, Slough. This elegant celebration marks the end of our students’ time at Rosedale Hewens Academy Trust and promises an unforgettable evening filled with glamour, music, and memories to treasure. Attendees are encouraged to dress in strictly formalwear, and will enjoy a Summer BBQ buffet (with meat, halal, and vegetarian options), a complimentary soft drink, music by a professional DJ, a magic mirror photo booth, and a series of awards celebrating students’ achievements. Tickets are priced at £35, available via iPayimpact: secure your spot with a £10 deposit, with the remaining £25 due by Friday 5th June. Please ensure permission slips and payments are returned by Wednesday 10th June, and note that attendance is conditional on meeting Academy expectations. This year’s prom is set to be a magical evening—don’t miss your chance to shine under the stars! (<https://www.therosedalehewensacademytrust.co.uk/year-11-prom-2026>)

Help Your Child Beat Exam Stress:

Tests and exams can be a challenging time for children and young people, as well as for parents, guardians and carers. However, there are ways to help ease stress and support wellbeing. Please refer to NHS guidance below for helpful strategies on managing stress during this period. If you feel your child may need additional support, we encourage you to reach out to your school or college, where staff will be happy to provide further advice and assistance. (<https://www.therosedalehewensacademytrust.co.uk/help-your-child-beat-exam-stress>)

	Week Commencing: Monday 18th May	
	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
<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>		

	May to June 2026	
May		
Friday 22nd May	Term Ends	
Monday 25th to Friday 29th May	Enrichment Week	
Monday 1st June	Term Begins	