

## Black History Month



As we observe Black History Month this October, we reflect on the invaluable contributions of Black communities to our society, culture, and history. This year's theme, Reclaiming Narratives, emphasises the importance of telling and amplifying stories that have been overlooked or marginalised for too long. Throughout this month, our school will highlight the rich history, resilience, and achievements of Black individuals, while also encouraging pupils to engage critically with the narratives they encounter. We will focus on ensuring that pupils understand the significance of diverse perspectives and the power of reclaiming one's own story.



## Clever Never Goes – Stranger Danger



Last week, the Metropolitan Police visited our school to deliver an important presentation to Year 3 pupils on the topic of 'Stranger Danger'. The engaging session aimed to educate our young learners on how to stay safe and make wise choices when approached by strangers. Key points included recognising safe adults, understanding what to do in potentially dangerous situations, and the importance of always telling a trusted adult where they are going. We encourage parents, guardians and carers to discuss these vital safety tips with their children at home.



### Grab a cuppa... Let's talk!

MEET OUR  
SAFEGUARDING, MENTAL HEALTH  
& WELLBEING LEADS!

GRAB A CUPPA...  
LET'S TALK!

WORLD MENTAL HEALTH DAY  
10 OCT

DEBBIE SMITH

CARLA JORSLING-THOMAS

THE ROSEDALE HEWENS ACADEMY TRUST

ROWENSBROOK

Did you know that the safeguarding, mental health and wellbeing of all of our pupils, students, families, staff and communities, is at the heart of the The Rosedale Hewens Academy Trust. We have a team of nurturing specialists who are eager to support you through any challenges or difficulties you or your child may face in our ever changing world. Meet our Safeguarding, Mental Health and Wellbeing Lead...Debbie Smith, and our Safeguarding and Child Protection Lead /LSO...Carla Jorsling - Thomas!

'We continuously encourage the importance of mental health and wellbeing each and every day. We keep up to date with the newest guidelines and training to ensure we provide you with the best possible care. We have provided useful information and guidance on our websites here:

[<https://www.therosedalehewensacademytrust.co.uk/safeguarding-mental-health-and-wellbeing/>]

But if you fancy a personal chat with us, please reach out and contact us at our email address **Rowensbrook@trhat.org**

Always remember, you can't pour from an empty cup!  
- Debbie Smith and Carla Jorsling -Thomas

### Safety Notice for Parents, Guardians and Carers

We kindly request all parents, guardians and carers to avoid driving on the sidewalk adjacent to the school and to refrain from performing three-point turns in front of the school gate. These actions create safety hazards for our pupils, staff, and other pedestrians. For the safety of everyone, please use designated parking areas and drive with caution in the vicinity of the school. Let's work together to keep our school environment safe and secure. We thank you in advance for your cooperation in this matter.

### Asthma Advisory Notice

The Hillingdon Champions of Asthma Team have requested we advise parents, guardians and carers of children who suffer from asthma to ensure their children take their preventative inhaler regularly every day, even if well. This advisory has been published as this time of year normally proves to be the most troublesome time for asthmatics.

### Enrichment Clubs – Autumn Term

Our Autumn Term enrichment clubs have now begun and will until Wednesday 27th and Thursday 28th November. All clubs will be held on Wednesdays and Thursdays each week and will run straight after dismissal **until 4:15pm**. If you are unsure about which group your child is in, please contact the School Office or speak with the class teacher.

### NSPCC's Kindness Challenge 2024

Join us for  
the  
**KINDNESS**  
challenge

PLAY more

SHARE more

TALK more

childline  
A life-changing NSPCC service

Registered with  
FR  
FINANCIAL  
REGULATOR

This October we are proud to be taking part in the NSPCC's Kindness Challenge 2024!

We will be spreading a little kindness across our school/college community by highlighting the importance of Childline, and encouraging pupils/students to be kind to each other by sharing more, talking more and playing more. Donations to help Childline be there for more children are welcome here:

[<https://www.nspcc.org.uk/support-us/ways-to-give/donate/>]

## Black History Month – October

Black History Month is the annual celebration and commemoration of moments in history, achievements and contributions that Black people have made.

First brought to the UK in the 1980s, Black History Month was initially introduced to the country by a member of the Greater London Council, Akyaaba Addai Sebo. Since 1987, Black History Month has been celebrated annually in the UK, to eradicate discrimination and encourage racial equality.

At Hewens Primary School, we will be honouring the contributions made to society by people of Black heritage and their communities.

## PANTS Awareness Week

We are pleased to announce that from 14th to 18th October 2024, we will be taking part in **PANTS Awareness Week**, a campaign aimed at teaching children how to stay safe from abuse in a simple, child-friendly way.

The PANTS campaign, developed by the NSPCC, uses the **PANTS** acronym to help children understand key safety messages:

**P** – Privates are private.

**A** – Always remember your body belongs to you.

**N** – No means no.

**T** – Talk about secrets that upset you.

**S** – Speak up, someone can help.

Throughout the week, we will be engaging in age-appropriate activities and discussions designed to empower children, helping them understand the importance of speaking up if something doesn't feel right. Resources, including the well-known Pantosaurus character, will be used to make these important conversations both engaging and accessible.

We encourage parents and carers to join in by discussing these messages at home, reinforcing the importance of body safety. Together, we can help create a safer environment for our children. For more information about PANTS or advice on how to discuss these topics with your child, please visit the NSPCC website.

## Year 6 SATs Practice Papers

We would like to remind parents, guardians and carers, that children in Year 6 will sit their practice SATs paper during the week commencing Monday 14th October.

It is also extremely important that they attend school every day. Please also remember that a good breakfast is always an essential meal for children before school, particularly when they are sitting tests.

Research has shown that children who eat a healthy breakfast have improved alertness, concentration, mental performance, mood and memory. We wish all our children every success in their tests!

## Early Essence Training – Parent Workshop

Parents, guardians and carers of children in Nursery and Reception are invited to an Early Essence Training Workshop on **Wednesday 16th October for Nursery Parents, Guardians and Carers and Thursday 17th October for Reception Parents, Guardians and Carers.**

All workshops will take place at **8:50am** in the Computer Suite.

## FREE Creative Digital Media Seminar next Saturday 19th October - Limited Tickets Available!

**HOW TO GET INTO THE CREATIVE MEDIA INDUSTRY**

MEET A PROFESSIONAL IN THE INDUSTRY | SAMPLE GAMES AND THE LATEST EQUIPMENT | Q & A SESSION | CAREER ADVICE | INDUSTRY SUPPORT |

**MEET YOUR HOST MR MIDAS**

**MEET YOUR GAMER RICHY TROOPS**

**LOCATION: PARKSIDE STUDIO COLLEGE | SATURDAY 19TH OCTOBER 2024**

**RESERVE YOUR FREE TICKET NOW!**

On Saturday 19th October Parkside Studio College will be hosting a FREE Creative Digital Media Seminar for all 10 to 19 year olds, to learn all you need to know about the Creative Media Industry! We are so excited to welcome our special host Mr Midas featuring none other than professional Gamer Ricky Troops. They will be available for an in-person Q & A session, providing industry support and career advice. You will also be able to sample games on our latest equipment!

Visit the Parkside Studio College website for more information:

(<https://www.parksidestudiocollege.co.uk/free-creative-digital-media-seminar>)

## Individual School Photographs

The school photographer is scheduled to visit on Tuesday 22nd October to take individual photographs of the children. Please be advised that children must wear full school uniform for individual photographs.

**For those who have Physical Education (PE) on this date, please note that this lesson will be cancelled.** As such, your child must attend school in full school uniform and appropriate school shoes.

## Pinning Ceremony

To end the first term off with a bang, Hewens Primary School will be holding a Pinning Ceremony on Friday 25th October at 9:15am in the Main Hall, where all the children who have been appointed leadership positions for the period October 2024 to July 2025, will receive their respective badges. Parents, guardians and carers of children who have been appointed leadership positions will be cordially invited, via letter today, to this memorable event.

**Please RSVP by returning the slip attached to your invitation letter by Friday 18th October.**

## Applying for Secondary School September 2025

We would like to inform all parents, guardians and carers of children born between 1st September 2013 and 31st August 2014 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon is **Thursday 31st October 2024**. You can apply for your child's secondary school at ([www.hillingdon.gov.uk/secondary](http://www.hillingdon.gov.uk/secondary)). You will have received information with regard to applying for your child starting secondary school via email today.

## Primary School Admissions 2025

We would like to inform all parents, guardians and carers of children born between 1st September 2020 and 31st August 2021 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon is **Wednesday 15th January 2025**.

To ensure your application arrives on time and in order to give your child the best possible chance of being offered the school of your choice, we would advise that you submit your applications prior to the Christmas holiday period. Further information can be found on ([www.hillingdon.gov.uk/primary](http://www.hillingdon.gov.uk/primary)). You will have received information with regard to applying for your child starting secondary school via email today.

## Flu Vaccinations – Thursday 7th November

### THE NASAL FLU VACCINE

- ✓ Protects your child from the flu
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions)
- ✓ Is painless, quick and effective
- ✓ Is free
- ✓ The nasal flu vaccine is very effective at reducing the spread of flu



### THE IM FLU VACCINE




We also offer the flu vaccine as an injection, which is **gelatine-free**. Please see our Frequently Asked Questions for more information.

On Thursday 7th November, our local Immunisation Team will be visiting us to offer flu vaccines to Reception to Year 6 pupils. An email has been sent out with all the information regarding this. Please note your child will only receive the vaccination if you complete the consent form via the link below: (<https://nwl.schoolvaccination.uk/flu/2024/hillingdon>). If you did not receive this email, please let us know if this School Office so we can check your email address on the system.

## How does your child travel to School?

We kindly request all parents, guardians and carers to complete a short survey via the link below regarding how you and your child travels to school on a daily basis. This will help us manage our drop-off and collection times better, avoid congestion, whilst also maintaining a safe and secure environment for all pedestrians (<https://forms.office.com/e/Lyu4hbC4Kj>). Thank you for your help and support with this matter.

		Week Commencing: <i>Monday 14th October</i>	
<b>MENU 3</b>			
<b>MONDAY</b>			
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal	
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Non Halal	
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian	
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts	
<b>TUESDAY</b>			
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal	
Meal Choice 2	Beef Lasagne with Fresh Salad	Non Halal	
Meal Choice 3	Vegetarian Lasagne with Fresh Salad	Vegetarian	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts	
<b>WEDNESDAY</b>			
Meal Choice 1	Barbecue Grilled Chicken Breast with Rice	Halal	
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Non Halal	
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts	
<b>THURSDAY</b>			
Meal Choice 1	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Halal	
Meal Choice 2	Cajun Chicken in Pitta Bread 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	Vignola Quinoa in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts	
<b>FRIDAY</b>			
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	Vegetarian	
Meal Choice 2	Macaroni Cheese	Vegetarian	
Meal Choice 3	Vegetable Fingers with Oven Baked Potato Wedges	Vegetarian	
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</i>			

		<b>OCTOBER TO NOVEMBER 2024</b>	
<b>OCTOBER - Black History Month</b>			
Monday 14th to Friday 18th		PANTS Awareness Week	
		Practice Papers for Year 6	
Wednesday 16th	8:50am	Early Essence Training for Nursery Parents, Guardians and Carers	
Thursday 17th	8:50am	Early Essence Training for Reception Parents, Guardians and Carers	
Tuesday 22nd		Individual School Photographs	
Friday 25th	9:15am	Pinning Ceremony	
Monday 28th October to Friday 1st November		Half Term Holidays	
<b>NOVEMBER</b>			
Thursday 7th		Flu Vaccination Programme	
Thursday 7th	8:50am	Year 6 SATs Parent Workshop	
Monday 11th to Friday 15th		Anti-bullying Week	
		World Nursery Rhyme Week	
Monday 11th		Remembrance Day	
		Hearing and Vision Screening - Reception	
Tuesday 12th to Monday 18th		Book Fair	
Monday 18th to Friday 22nd		Road Safety Week	