

## The Police - Keeping us Safe



On Tuesday, 20th January 2026, the Reception classes took part in an exciting learning experience as part of their topic on staying safe and healthy. We were delighted to welcome a visit from our local police officers, where the children learnt about what police officers do, where they work, and how they help to keep everyone safe in the community. They asked lots of thoughtful questions, including how you become a police officer and what a typical day involves. The visit was interactive and engaging, and the children especially enjoyed trying on police hats, using the radio, colouring in pictures, and chatting with our visitors. It was a wonderful experience that brought their learning to life and was thoroughly enjoyed by all.



## LifeBase Workshops

During the week commencing 26th January 2026, members of the Coram Life Education (also known as LifeBase) will be visiting the School to deliver workshops to all children from Nursery to Year 6. These workshops form a very important part of the curriculum, so please ensure that your child attends school on time and is in full and correct uniform. Thank you.

## Booster and Enrichment Clubs - Spring Term

Booster sessions started this week and will continue for the remainder of the Spring Term. Enrichment clubs are scheduled to begin in the week starting Monday, 9th February 2026. To ensure that each child gets a fair opportunity to participate in an enrichment club, clubs will be limited to one per child. Letters will be sent out on Monday, 26th January 2026 and **registration will open on Wednesday, 28th January at 7:45am**. If your child was selected to attend a booster session after school, please avoid choosing an enrichment club that is being offered on the same day. Thank you.

## Updating Email Addresses

We kindly ask all parents, guardians and carers to ensure that we have an up-to-date email address for both parents on the school system, as all communication is currently being sent via email. You can provide this information by either emailing the school office account or completing the contact details form available at the School Office.



**Eagle Alliance**



**Falcon Alliance**



**Red Kite Alliance**



**Sparrowhawk Alliance**

**Family Lives – Spring 2026 Parent, Guardian or Carer Support Programme**



**family lives**

# Stepping Stones

Triple P Stepping Stones  
8-week course for parents and carers of neurodiverse children

## TRIPLE P SEMINAR

5-11 years olds

**Helping children develop healthy screentime habits**

This seminar provides an overview of how screen time problems develop and offers strategies for parents to encourage healthy habits, manage conflict, and keep children safe online.



**family lives**

[www.therosedalehewensacademytrust.co.uk/family-lives-spring-2026-parent-carer-support-programme](http://www.therosedalehewensacademytrust.co.uk/family-lives-spring-2026-parent-carer-support-programme)

We are pleased to share the 2026 Spring Term Triple P (Positive Parenting Programme) timetable, offering a range of supportive courses and seminars for parents, guardians and carers of children aged 5 to 16 years across the London Borough of Hillingdon. The Triple P (Positive Parenting Programme) is an evidence based approach designed to help parents, guardians and carers build strong, positive relationships with their children while confidently managing everyday behaviour in a constructive, supportive way.

The programme focuses on developing good communication, positive attention, and practical strategies that promote healthy development, emotional wellbeing, responsibility, and resilience. Whether supporting younger children or teenagers, Triple P offers parents simple, effective tools that can be adapted to their family's needs, helping create a safe, warm and nurturing home environment where both children and adults can thrive.


Visit our website to view the full details of the 2026 Spring Term programmes:

(<https://www.therosedalehewensacademytrust.co.uk/family-lives-spring-2026-parent-carer-support-programme>)

**Term Dates – 2025 to 2026**

The 2025 to 2026 term dates are detailed on our website and can be accessed via ([www.hewensprimary.co.uk/term-dates](http://www.hewensprimary.co.uk/term-dates)). Please check these dates, as they will be particularly helpful to parents, guardians or carers planning family holidays and activities.

	<b>Week Commencing: Monday 26th January</b>	
<b>MENU 4</b>		
<b>MONDAY</b>		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Beans	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Beans	Non Halal
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 4	Baked Jacket Potato with Fillings	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart with Roast Potatoes, Stuffing and Onion Gravy	Vegetarian
Meal Choice 4	Vegetable Goujons with Roast Potatoes, Stuffing and Onion Gravy	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers with Potato Wedges	Vegetarian
Meal Choice 2	Macaroni Cheese	
Meal Choice 3	Vegetable Fingers with Oven Baked Potato Wedges	
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

	<b>JANUARY TO FEBRUARY 2026</b>	
<b>JANUARY</b>		
Monday 26th to Friday 30th	Life Base Education Workshops	
Monday 26th	Enrichments letters will be sent out	
	Firefighter Visit for Reception Pupils	
Wednesday 27th	7:45am	Enrichment Registration Begins
<b>FEBRUARY</b>		
Monday 2nd to Sunday 8th	National Storytelling Week	
Wednesday 4th	Young Voices Concert	
Friday 6th	NSPCC Number Day	
	Time to Talk Day	
Monday 9th to Friday 13th	Children's Mental Health Week	
Tuesday 10th	Safer Internet Day	
Wednesday 11th	International Day of Women and Girls in Science	
Wednesday 11th and Thursday 12th	Enrichment Clubs Begin	
Monday 16th to Friday 20th	Half Term Break	
Monday 23rd to Friday 27th	Practice Papers - Year 6	
Wednesday 25th	Year 4 Pedestrian Training	
Thursday 26th	Class Photographs	
Friday 27th	8:30am	Coffee Morning for all Parents, Guardians and Carers