



## Hodgemoor Woods and Stockers Lake

On the first day of half term, a packed mini-bus headed to the Chiltern Hills. After a bracing walk across the rolling hills, which afforded some spectacular views across this AONB (Area of Outstanding Natural Beauty) it was into Hodgemoor Woods for a little shelter building before moving on to the Colne Valley Nature Reserve. It was lovely to watch some sailing on Bury Lake, then on to the peaceful Stockers Lake to observe and appreciate the amazing range of birds that call this home.



It was lovely to watch some sailing on Bury Lake, then on to the peaceful Stockers Lake to observe and appreciate the amazing range of birds that call this home. Some of the students had come prepared with binoculars to get the most out of this amazing day!





**THE ROSEDALE HEWENS ACADEMY TRUST**

Help us to reduce our carbon footprint by donating your pre-loved school uniform!

Visit our website for more information

**RECYCLE** **RE-USE**



**Childhood Asthma**

**FREE Online Workshops**

**Workshop Dates**  
 ALL SESSIONS: 4PM - 5PM  
 Monday 4th November  
 Monday 2nd December  
 Monday 6th January  
 Monday 3rd February

**CONTACT THE TEAM TO RESERVE YOUR PLACE**  
 01895 543 437  
 nhsnw1.myhealth@nhs.net

Scan the code to register your space

**What's Included In The Workshop ?**

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
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**SESSIONS PRESENTED BY A HILLINGDON ASTHMA NURSE**

**Week Commencing: Monday 18th November**

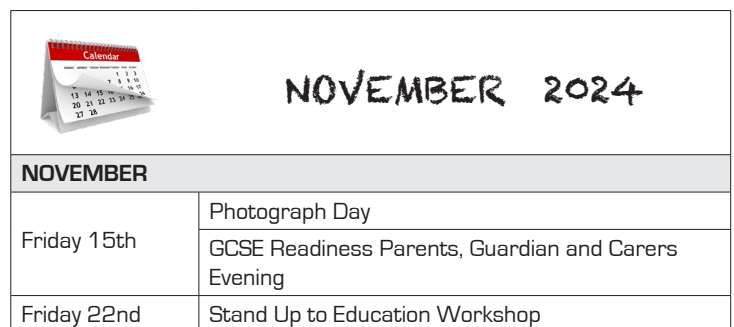
**MENU 3**

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*

**Student Photographs**

A photographer from Fraser Portraits will attend the College on Friday 15th November to take student photographs. Please ensure that your child attends dressed smartly in full college uniform.



**NOVEMBER 2024**

NOVEMBER	
Friday 15th	Photograph Day GCSE Readiness Parents, Guardian and Carers Evening
Friday 22nd	Stand Up to Education Workshop