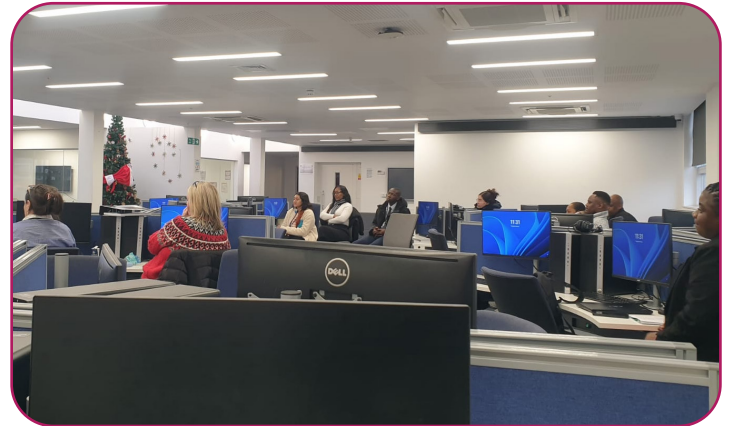
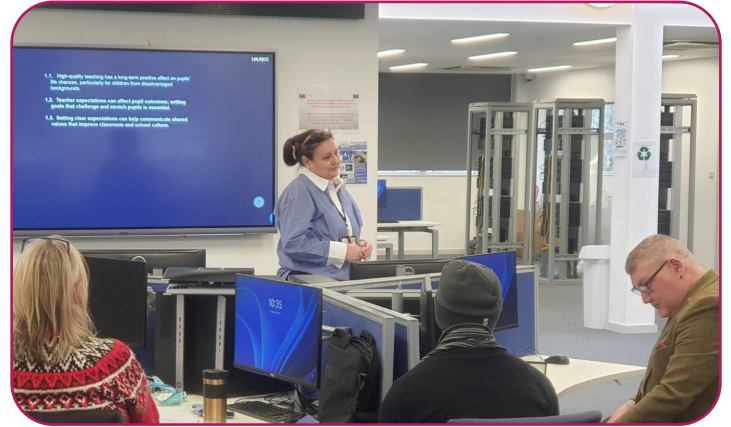
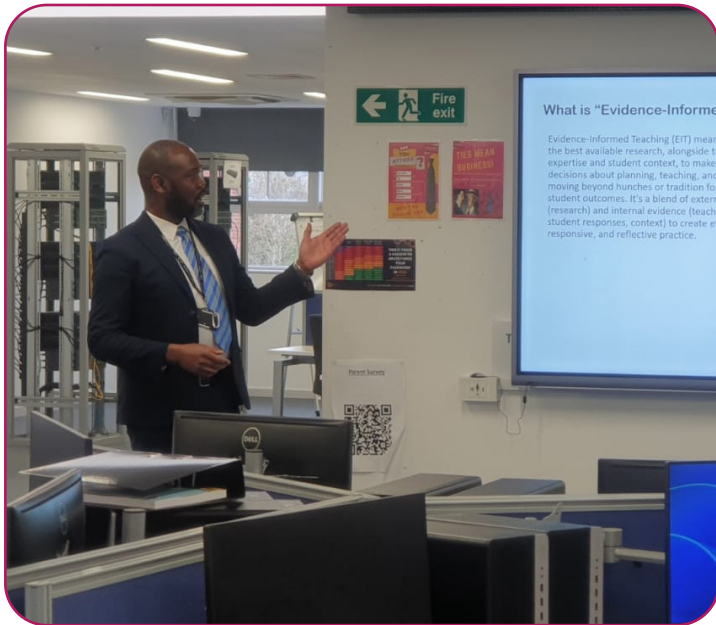




INSET

While our students were enjoying the final days of their holiday, staff returned after Christmas for two full days of INSET focused on inclusion and the science of learning—fuelled by strong coffee, sharper thinking, and a shared commitment to getting even better for our students. Sessions explored how we design learning that works for all students, grounding inclusive practice in evidence rather than instinct, and reminding us that great teaching is both an art and a science. A purposeful, thoughtful (and surprisingly lively) start to the term.



Academic Tutoring

Alongside two days of post-Christmas INSET, staff also hosted our Academic Tutoring. This gave parents, guardians, carers and students the opportunity to meet teachers, discuss progress in detail, and receive reports in a calm, focused setting. These meetings reinforced the strong partnership between home and College, allowing for honest, purposeful discussions about progress, next steps, and how we can continue to support every student to succeed. A busy but highly rewarding way to start the





Triple P Teens

A 6-week course for parents and carers of teens

Parenting teens can feel like a rollercoaster with many ups and downs. You may be dealing with behaviours that leaves you feeling drained, frustrated and overwhelmed. We understand how difficult it can be raising teenagers.

Our 6-week can help you learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you.

Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive way.

Date, time and venue

- 4.15 pm - 6.15 pm
- Wednesday 21 January - Wednesday 4 March 2026
(Excluding 18th February 2026)
- Park Academy West London, Park View Rd, Hillingdon UB8 3GA

To book your spot, please call Annmarie on 07949 890749 or email AnnmarieF@familylives.org.uk

We build better family lives together

www.familylives.org.uk familylives

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Daylight Savings SAFETY PLANS...



IF THEY ARE CONCERNED ABOUT THEIR SAFETY PLEASE CALL THE POLICE.



PARENTS, GUARDIANS & CARERS HAVE A PERSONAL SAFETY CONVERSATION WITH THEIR CHILDREN.



WHERE POSSIBLE STUDENTS WALK/TRAVEL IN PAIRS OR GROUPS TO AND FROM SCHOOL.



STUDENTS SHOULD HAVE A SET ROUTE TO AND FROM SCHOOL THAT IS DISCUSSED WITH PARENTS, GUARDIANS & CARERS.



WALK DOWN MAIN ROADS/ROUTES THAT ARE WELL LIT. AVOID GOING THROUGH PARKS, ALLEYS OR OTHER UNLIT OR POORLY LIT AREAS.



ENSURE THEY ARE ALERT TO THE ENVIRONMENT AROUND THEM, AVOID WEARING HEADPHONES OR BEING DISTRACTED BY MOBILE PHONES AND OTHER DEVICES.



A Youth Vaping Position Statement for London

Vaping among children and young people is an increasing concern across London. To help address this, a London-wide Youth Vaping Position Statement has been agreed by London's Directors of Public Health and coordinated by the London Tobacco Alliance. This statement sets out clear, evidence-based messages to protect young people from the harms of vaping and to ensure consistent information is shared across schools, communities and services. Visit our website to watch a short statement of the video: <https://www.therosedalehewensacademytrust.co.uk/youth-vaping-information-for-parents-carers-and-guardians>

ONLINE REVISION

MATHS, ENGLISH & SCIENCE

ENGLISH
WWW.BBC.CO.UK/BITESIZE/EXAMSPESCS/ZCBCHV4
WWW.SAVEMYEXAMS.COM

MATHEMATICS
WWW.PIXIMATHS.CO.UK
WWW.CORBETTMATHS.COM
WWW.MATHSGENIE.CO.UK

SCIENCE
WWW.BBC.CO.UK/BITESIZE/SUBJECTS/ZRKW2HV
WWW.FREESCIENCELESSONS.CO.UK
WWW.QUIZLET.COM/GB/CONTENT/GCSE-SCIENCE

Quote of The Week

"The only way to do great work is to love what you do" - Steve Jobs

Dates for the Diary

<h2>January 2026</h2>	
JANUARY	
Monday 12th	Unity Assembly with guest MP John McDonnell