

Stranger Things Theatre Trip

On Friday 20th March, 31 students attended a theatre trip to the Phoenix Theatre to watch the acclaimed production of Stranger Things: The First Shadow.

The group departed college at 11:30am and returned at approximately 5:30pm, following an engaging and thoroughly enjoyable afternoon.

The performance captivated students from the outset, combining impressive visual effects, a compelling storyline, and high-quality acting. The production offered a unique opportunity to experience the world of Stranger Things in a live theatre setting, bringing the story to life in an exciting and immersive way.

Student feedback was overwhelmingly positive, with one describing the experience as "mind-blowing". Both students and staff were highly impressed by the professionalism and creativity demonstrated throughout the performance.

This trip provided a valuable opportunity for students to engage with live theatre, further developing their understanding of dramatic techniques, stagecraft, and storytelling.

Overall, the visit was a highly successful and enriching experience for all involved.



Post 16 Culture Day

On Monday 23rd March, The Rosedale Hewens Academy Trust proudly hosted its first-ever Post-16 Culture Day, celebrating the rich diversity and cultural heritage within our College community.

The event featured a vibrant atmosphere, enhanced by a global playlist of music and an array of cultural foods, including traditional dishes, snacks, and desserts from around the world. Students and staff enjoyed exploring different cultures through both taste and sound.

A range of creative activities were on offer, including arts and crafts, origami, and a popular henna station where participants showcased intricate designs. A themed photo frame, created by Post-16 Ambassadors, provided the perfect opportunity for capturing memorable moments.

Students also engaged in a variety of sporting activities, such as basketball and table tennis, promoting teamwork and a strong sense of community.

The day concluded with an impressive showcase of teacher performances, including traditional dances, songs, and poetry, highlighting cultural pride and bringing the College community together.

This inaugural event was a great success, celebrating unity, respect, and diversity across our Post-16 cohort. We extend our sincere thanks to the Post-16 Ambassadors and all those who contributed to making the day so memorable.



Nutritious & Healthy Dinner Workshops

Learn Hillingdon is offering hands-on Healthy Dinner Workshops this summer at the Civic Centre in Uxbridge, designed for adults who are on a low income, unemployed, or managing Type 2 diabetes or other medical conditions. These practical sessions help participants learn to cook simple, nutritious meals, with all ingredients provided, including vegetarian and halal options. There are 10 sessions available, with individuals able to attend up to three workshops, taking place on Tuesdays from 12:45pm to 3:15pm.

Visit our website for more information:

<https://www.therosedalehewensacademytrust.co.uk/nutritious-and-healthy-dinner-workshops>



NUTRITIOUS AND HEALTHY DINNER WORKSHOPS

ALL INGREDIENTS SUPPLIED
(Vegetarian/Halal options)

Sessions	Date
Baked Sweet Potato with Spiced Chickpeas	14/04/2026
Sticky Chilli Chicken Stir-fry	21/04/2026
Vegetarian Paella Stuffed Peppers	28/04/2026
Chicken Tikka with Chapatti	05/05/2026
Roasted Tomato Risotto	12/05/2026
BBQ Chicken with Heathy Slaw	19/05/2026
Goan Fish Curry	02/06/2026
Baked Mediterranean Orzo	09/06/2026
Thai Green Chicken Curry	16/06/2026
Spicy Chicken & Avocado Wraps	23/06/2026



 Tuesdays, 12:45–15:15 – max 3 sessions per person
Learn Hillingdon, Civic Centre, High St, Uxbridge, UB81UW.

To book a space (Maximum of 3 sessions per person) please scan the QR code and complete our TL Enquiry Form or call - 01895 556252

Easter Wellbeing Workshops

This Easter, the Hillingdon Youth Offer Targeted Team is inviting children and young people to take part in the #DoSomethingThisHoliday (Easter 2026) wellbeing programme—packed with creativity, confidence-building activities, teamwork and fun! Sessions for School Years 7+ will run on Monday 30 March and Tuesday 31 March, while School Years 4 to 6 can join on Wednesday 1 April and Thursday 2 April, all at Harlington Young People's Centre (10am–3pm). Activities include an exciting off-site trip to Walton Firs Activity Centre, creative arts, cooking, sports, and personal development workshops.

To find out more or request a place, please visit our website:

<https://www.therosedalehewensacademytrust.co.uk/easter-wellbeing-workshops>

You can also explore additional holiday and year-round opportunities for children and young people.



THE ROSEDALE HEWENS ACADEMY TRUST **HILLINGDON LONDON**

Easter Wellbeing Workshops
#DoSomethingThisHoliday



www.therosedalehewensacademytrust.co.uk/easter-wellbeing-workshops

Supporting Hillingdon Hospital

Supporting Rainbow Ward at Hillingdon Hospital - Help Us Bring Joy to Young Patients

Rainbow Ward at Hillingdon Hospital cares for children undergoing oncology treatment, day surgery, medical procedures, allergy challenges and regular blood infusions, and many of these young patients spend long, difficult hours on the ward without any entertainment to bring comfort or distraction.

To help brighten their days, we're are hoping to help raise £1,000 to £1,200 for a mobile gaming and entertainment trolley, and with your help and support—alongside fundraising from our wonderful schools and colleges—we hope to reach this goal.

How You Can Make a Difference - Donate to the GoFundMe Whether it's 50p, £2, £10 or £20, every single donation brings us closer to placing this trolley into the hands of the children who need it most. Visit our website for more information and to access the GoFundMe page. We kindly ask you to donate, only if you can, share it with others, and support in any way possible to help bring joy, comfort and a much-needed spark of happiness to the children of Rainbow Ward. Small acts of kindness become huge moments of happiness — and together, we can make this happen!

<https://www.therosedalehewensacademytrust.co.uk/supporting-rainbow-ward-help-us-bring-joy-to-young-patients>

Supporting Rainbow Ward At Hillingdon Hospital

Help Us Bring Joy to Young Patients with a Brand New Gaming Trolley!

gofundme



April 2026

APRIL

30th March-10 April	Half Term (College Closed)
13th - 14th April	INSET Day - Academic Tutoring
15th April	Start of Summer Term (All Year Groups)
16th April	Year 8 Trip to Amersham Field Studies Centre
22nd April	International Earth Day
23rd April	St George's Day
23rd April	KS4 Theatre Trip to see Les Miserables



Week Commencing: Monday 13th April 2026

MENU 4

MONDAY

Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts

TUESDAY

Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts

WEDNESDAY

Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Chicken with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Chicken with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Chicken with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts

THURSDAY

Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts

FRIDAY

Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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