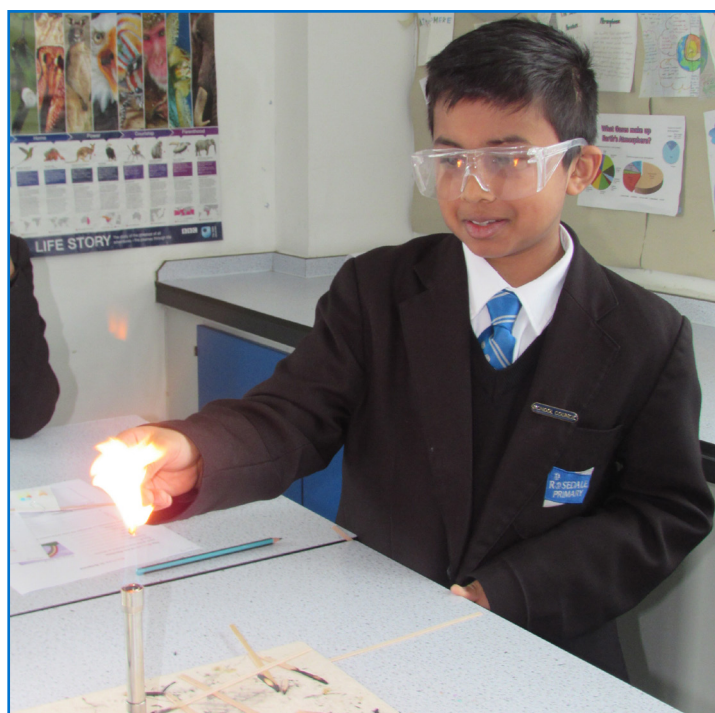
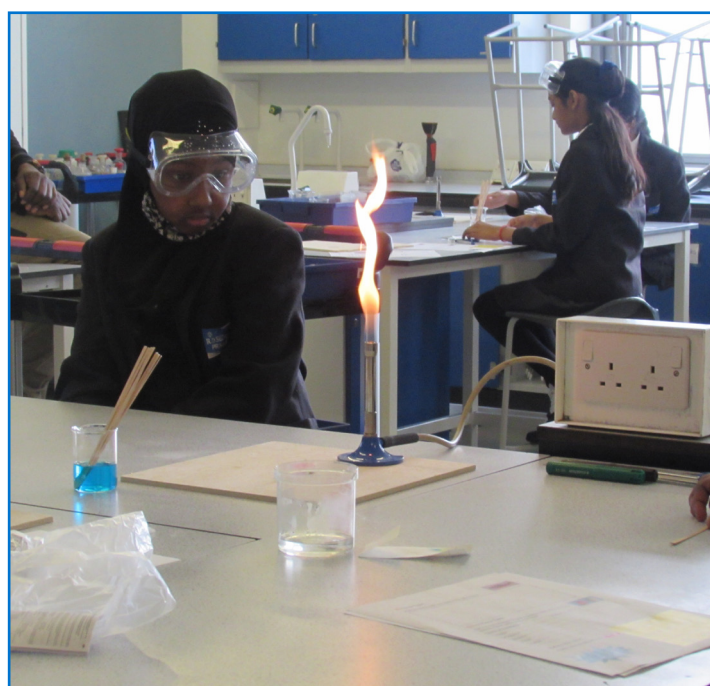
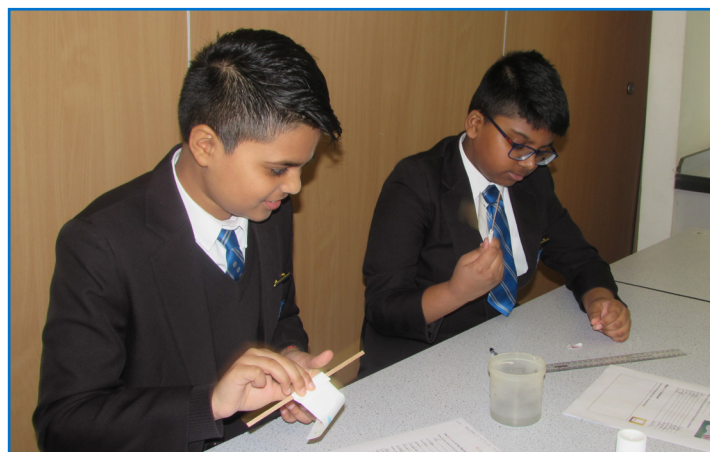


British Science Week

British Science week is a ten day celebration of Science, Technology, Engineering and Mathematics that took place between Friday 5th and Sunday 14th March. The theme for the week was 'Innovating for the future' and was planned around the basis that students would be carrying out the activities at home. Thankfully, lockdown restrictions had been eased for schools, enabling our Science Alliance at Rosedale College to initiate exhilarating Science week activities with Rosedale Primary School. Our activities started on Monday 15th March, and will continue through this term for different groups from Nursery to the secondary phase.

Rosedale Primary's Year 6 pupils were invited to the Science laboratories to carry out a myriad of experiments while observing strict coronavirus [COVID-19] protocols outlined by the government to ensure the safety of everyone involved. The theme of the experiments was 'Colours in Science' which linked the real life application of Science to theories while having fun. The pupils carried out a total of four exciting experiments. In the first experiment, pupils carried out the Chromatography of coloured markers which is a widely used scientific technique in Forensic Science. This was followed by an activity called 'Rainbow Trout' which highlighted the principles of acid base reactions. Pupils were then guided through a colour flame test activity which is used to identify different metals. The day culminated with pupils making their own 'rainbow', using the principle of refraction and a glass prism.

Overall, it was a successful launch of the Science week activities and it has set the basis for the other activities planned through the course of the week and the term.



World Poetry Day

Sunday 21st March will be observed as World Poetry Day; a day to celebrate the power of poetry and language, whilst recognising its great cultural contribution to society. Please visit <http://www.rosedalecollege.uk/99/announcements/announcement/217/announcement/?from=home> to read a poem that draws on the feelings and emotions experienced by students throughout the lockdown period.

ONE HOUR FREE VIRTUAL ASTHMA WORKSHOP Friday 26th March 2pm - 3pm

SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE, COVERING:

- What to do if your child is having an Asthma attack
- Inhaler techniques
- Asthma plans
- Myth Busting
- Common triggers

LIMITED SPACES AVAILABLE
CONTACT THE TEAM TO BOOK YOUR PLACE

www.myhealthhillingdon.nhs.uk | Hillccg.Myhealth@nhs.net

Coronavirus Home Testing Kits for Students

Upon returning to college, students (with parent, guardian or carer consent) will have had their first three tests under the supervision of a trained operator in our test centre. Students will now be able to undertake the fourth test themselves, using a home test kit. Students will then continue taking twice-weekly tests using a home test kit provided by the College. They should report all results to NHS Test and Trace as soon as the test is completed, either online or by telephone, as set out in the home test kit instructions.

Students who were given home test kits were also given a 'step by step' guide, with additional instructions in the test kit box. If you require another guide, please do contact reception.

Trial Examinations - Year 11

Trial examinations for all Year 11 students will take place from Monday 22nd to Tuesday 30th March. All examinations will take place in the sports hall at college. It is of vital importance that each student arrives at college on time each day, in full college uniform and with the correct equipment. For Science and Mathematics examinations, they must have a calculator, ruler, pencil and a geometry set. Students must also bring a black biro to each examination. Mobile telephones and other electronic devices are NOT PERMITTED to be taken into the examination hall. Therefore, it is requested that students who need to have any such devices with them hand them to the member of staff invigilating at the start of each examination. In the event of illness or an emergency situation that prevents your child attending one or more of the examinations or if they are going to be late, please make contact with the College as soon as possible so that appropriate advice can be given and arrangements put in place. Students will not have study leave during this time, so are expected to attend normal lessons when not in an examination.

Trial Examinations - Post 16

We would like to remind all parents, guardians and carers that from Wednesday 24th to Wednesday 31st March, all Post 16 students at Rosedale College will be sitting their trial examinations. All examinations will take place in the sports hall at college, where students are expected to arrive promptly and at least 15 minutes prior to the start of each examination session. All students are expected to wear full college uniform and attend all examinations with the necessary equipment. We wish all of our students the best of luck!

Trial Examinations - Supporting Your Child

As we approach the period of trial examinations, it is vitally important for students to settle into regular and structured home revision to give them the best possible chance of examination success.

Below are some tips for parents, guardians and carers on how to help your child with home revision:

- Provide them with a comfortable, quiet and well-lit area to work in
- Keep siblings occupied at revision times
- Ensure they are properly hydrated and are eating well
- Ensure they have adequate sleep
- Help them to put a home revision schedule together
- Break revision times into small 15-to-20 minute periods
- Ensure they have the books and equipment they need to properly revise
- Encourage them to adopt revision techniques such as writing brief notes to act as prompts
- Keep positive; create a 'can do' attitude

Coronavirus Self-Testing

Students are currently undergoing coronavirus (COVID-19) tests following their return to college. As such, we have shared some relevant links below so you can familiarise yourself with self-testing for (COVID-19) both, at home and at college.

For instructions on how to test yourself for COVID-19 at home using a self-test rapid antigen test kit, as well as, how to read your result and report it to the NHS, please visit: <https://www.youtube.com/playlist?list=PLvaBZskxS7tzQYIVg7lwH5uxAD9UrSzGJ>. Please note, individual test kits will vary slightly, so please be sure to check the instruction leaflet in your individual kit.

The BBC have also shared a video on what COVID-19 testing looks like in schools and how schools are preparing for this: <https://www.bbc.co.uk/news/av/education-56247715>.

Additionally, the NHS have issued a 'step-by-step guide for COVID-19 self-testing', with general guidance on how to safely test yourself and report your result: http://upload.reactcdn.co.uk/rosedale/uploads/document/2_302_covid-19-self-test-instruction-for-use-ifu-guide.pdf.

This will provide yet another layer of reassurance to families and staff, and build on the stringent measures already implemented around the site, including the obligatory requirements for face coverings in all communal areas and in classrooms, to ensure the safest possible return for staff and students alike.

Red Nose Day Challenges

Staff in our Physical Education (PE) Alliance participated in a 150km charity row for Red Nose Day, which took place on Friday 19th March. We would love your support, and all donations are welcome via the Just Giving link below:

https://www.justgiving.com/fundraising/rosedale-college-rednoseday21?utm_source=Sharethis&utm_medium=fundraising&utm_content=rosedale-college-rednoseday21&utm_campaign=pfp-email&utm_term=4e4598a605144b148cc28cd363e0bc29.



Our Post 16 students have also completed a running challenge for Red Nose Day. The challenge was to collectively complete 250 laps of the 200m running track on the Rosedale College field by Friday 19th March. Donations can be made via the Just Giving link below:

<https://www.justgiving.com/fundraising/rosedale-college-rednoseday21-29ed46d6-7ce2-4625-b9b4-e2fabddade2e>.

Thank you for your continued support.

 <h3>MARCH TO MAY 2021</h3>	
MARCH	
Sunday 21st	World Poetry Day
Monday 22nd to Tuesday 30th	Year 11 Trial Examinations
Wednesday 24th to Wednesday 31st	Post 16 Trial Examinations
Friday 26th	Online Asthma Workshop
Wednesday 31st	Term Ends
APRIL	
Monday 19th	Academic Review (Key Stage 3 and Post 16)
Tuesday 20th	Academic Review (Key Stage 4)
Wednesday 21st	Term Begins
MAY	
Monday 3rd	Bank Holiday (May Day)

		Week Commencing: Monday 22nd March MENU 2
MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
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	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<i>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</i>		

Reporting Positive Cases of Coronavirus

It is vital that all parents, guardians and carers continue to inform the College if their child has tested positive for Coronavirus. In the event of a positive case, please contact us on 020 8573 2097 or email us at Rosedalecollege@trhat.org. This will allow us to monitor and manage potential cases and reduce the risk of transmission. Thank you for your cooperation in this matter.