



## Performing Arts at its Best!

On Tuesday 11th January, over 100 lucky students from Rosedale, Hewens and Parkside Studio College were fortunate enough to be treated to an exceptional performance from the Uxbridge College Level 3 BTEC Performing Arts students.

As part of an ongoing collaboration, the performers transformed the Rosedale College hall, for one night only, into a 'Traverse Theatre' for a truly spellbinding performance of *The Curious Incident of the Dog in the Night Time*. This production was a masterclass in directing, acting and theatrical techniques.

All students watched in awe, as they saw young people take to the stage and bring true characters to life! The students thoroughly enjoyed the event, and have said how it has given them inspiration to become whatever they aspire to be.

Thank you to all the students from Uxbridge College for a truly encouraging performance.



## Precautionary Measures for Coronavirus

As a result of the Prime Minister's plans to end Plan B restrictions, a number of changes have been made to the current coronavirus (COVID-19) measures implemented within the Trust following his announcement on Wednesday 19th January.

Face masks are no longer required in classrooms for students, however individuals will still be recommended to wear them in enclosed or private spaces. The current rule also requires everyone aged 11 or over to wear face masks in most public indoor venues and on public transport. As such, we strongly suggest that parents, guardians and carers supply their children with at least three masks to carry with them at all times in case of loss.

A new national approach to daily testing for contacts of COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 should take a lateral flow device (LFD) every day for 7 days instead of self-isolating. Additionally, the 10-day self-isolation period for those who record a positive polymerase chain reaction (PCR) test result for COVID-19 has now been reduced to 5 days in most circumstances. For further information, please read the letter that was distributed via (<https://trhat.co.uk/letterc-covidupdate190122/>).



## Year 11 Curriculum Success Evening

We are delighted to be running a Curriculum Success Evening for Year 11 students on Tuesday 25th January. The evening will run from 5:30pm until 6:15pm. Letters have been sent to parents, guardians and carers for all students that have been invited to join us.

## Extracurricular Activities

We are eager to encourage all of our students to develop new interests and actively participate in the extracurricular activities that we have to offer at Rosedale College. Please follow the subsequent link to view our current extracurricular activities timetable for all clubs currently on offer (<https://www.rosedalecollege.uk/96/extra-curricular-activities>). If your child is interested in any clubs that are on offer, please ensure that they request a letter from the College Reception, and complete the reply slip accordingly. Unfortunately, some extracurricular activities are number restricted, so a prompt response is encouraged.

## Time to Talk Day and Children's Mental Health Week

For many, it is hard enough to experience mental health problems without having to face the judgement and isolation that often surrounds them. As such, in order to end mental health discrimination, Mind, a mental health charity who provide advice and support to empower anyone experiencing a mental health problem, will run the nation's biggest mental health conversation for Time to Talk Day on Thursday 3rd February. Friends, families, communities and workplaces can come together to talk, listen and change lives. No one should have to face a mental health problem alone, so join Mind and take part in the day via (<https://timetotalkday.co.uk/>).

The following week will be observed as Children's Mental Health Week under the theme 'Growing Together'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how they have grown and how they can help others grow. Challenges and setbacks help us adapt and trying new things can also take us beyond our comfort zone into a new realm of possibility and potential. However, this is often a gradual process that happens over time and sometimes we might feel 'stuck'. Please take a look at the useful information and support links provided on the College's Mental Health and Well-Being page to support you or someone you care about via (<https://www.rosedalecollege.uk/204/mental-health-and-wellbeing>).

 <b>JANUARY to FEBRUARY 2022</b>	
<b>JANUARY</b>	
Tuesday 25th	Year 11 Curriculum Success Evening
Wednesday 26th	Post 16 Trip to Royal Holloway University
<b>FEBRUARY</b>	
Thursday 3rd	Time to Talk Day
Monday 14th to Friday 18th	Half Term

 <b>Week Commencing: Monday 24th January</b>		
<b>MENU 3</b>		
<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
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
<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>		

## Post 16 Trip to The Royal Holloway University

Post 16 students will participate in an educational visit to The Royal Holloway University in Egham on Wednesday 26th January. Students will leave college at 9:15am and travel by coach to the venue. They will return to college by approximately 2:30pm.

## Physical Education (PE) - Reminder Regarding PE Kit

Parents, guardians and carers are reminded that all students are required to attend Physical Education (PE) lessons with their full PE kit regardless of whether or not they are taking part in activities due to an illness or injury. If you have requested for your child to be excused from taking part in a PE lesson due to illness or injury and you believe that your child changing into their kit for the duration of the lesson will make their illness or injury worse, or cause unnecessary pain or discomfort, please ensure you provide the College with a letter to this effect.