

Freedom!

In their Performing Arts lessons, Year 8 students are exploring the concept of Freedom and what it means to be free in the 21st Century. They have been given a quote from Martin Luther King - 'Freedom is never given voluntarily by the oppressor; it must be demanded by the oppressed'. After much research and discussion, groups are devising pieces of theatre around themes such as: the Black Lives Matter Movement, Forced Marriages, the Civil Rights Movement, LGBT Rights, Gender Equality and Women's Empowerment. Students are developing transferable skills such as creativity, project management, focus, and critical thinking whilst also learning to communicate and educate through the exciting medium of theatre.



First Football Final in Rosedale History!

On Wednesday 9th February, the Year 9 football team took on Guru Nanak School in a semi-final match. The team arrived early at Guru Nanak and although a little nervous, the boys knew they had a great opportunity to be the first year group to reach the finals of the Borough competition.

Rosedale started brightly creating a couple of early chances, but the nerves got the better of them and the score line remained 0-0. Soon after, a nice interchange occurred between Sultan and Yuvraj in Guru Nanak's half of the pitch which remarkably resulted in the first goal of the game. It wasn't long after that Ryan went on a tremendous solo run, beating three players along the way to score another goal for Rosedale. Outstandingly, the remainder of the first half saw Rosedale with a lot of possession, but both teams struggled to create any clear-cut chances! At half time, Rosedale were up by 2 goals to 0!

The second half started very much like the first half with the ball spending a lot of time in Guru Nanak's half, and amazingly, this half, Rosedale saw a lot more opportunities for goals to be created. Rosedale were the first to score, but straight from kick off, Guru Nanak responded with fury to pull a goal back. At 3-1, Guru Nanak were now feeling they were back in the game, however the Rosedale team came back even more determined and the boys took the game to another level, resulting in a bombardment of a further six goals, ending the game with a very dominant 9-1 final score to Rosedale. Great result from the Year 9 boys, who are the College's only team to reach a football final in Rosedale history! What an achievement – well done boys!



Year 11 Trial Examinations - Monday 28th February

The second set of trial examinations for all Year 11 students will take place from Monday 28th February to Tuesday 8th March.

It is of vital importance that each student arrives at college on time at 8:45am 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 rooms. 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.

Virtual Asthma Workshop

On Monday 28th February, the NHS Team would like to invite parents, guardians and carers to sign up for an online Asthma workshop. This session will run from 4:00 to 5:00pm and is designed to help you understand what to do if your child is having an Asthma attack, providing inhaler techniques and highlighting common triggers. For further information, please contact the MyHealth team on **01895 543 437** or at nhsnwlcg.myhealth@nhs.net. To register your free place, please visit (<https://trhat.co.uk/asthmaworkshop22/>).

World Book Day

With a continued commitment to promoting reading for pleasure, World Book Day will be celebrating its 25th year anniversary on Thursday 3rd March under the theme 'You Are a Reader'. For access to a plethora of secondary resources, reading recommendations and video lessons from your favourite authors, please visit (<https://www.worldbookday.com/secondary/>).

Year 8 Options Forms

Following a very successful Options Day for Year 8 students on Tuesday 22nd February, please be reminded that all options forms confirming your child's preference for Key Stage 4 courses and pathways must be returned to the College no later than Friday 4th March via (<https://trhat.co.uk/formks4options/>). Thank you for your support.

Year 8 Options Evening - Website Information

For all those who were unable to attend the Year 8 Options Evening on Tuesday 22nd February, we have set up a page on our website providing students with guidance and information about choosing their Key Stage 4 Options, as well as a selection of videos for each Alliance in our Key Stage 4 curriculum. All information for this event can be found at (<https://trhat.co.uk/ks4options-rc/>) where you will also gain an understanding of our ethos and values, and a sense of our community spirit.

Post 16 Trial Examinations - Monday 7th March

The second set of trial examinations will take place for all Post 16 students from Monday 7th to Friday 11th March. 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.

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

The Vaccination Programme - Thursday 17th March

As you are aware, the roll out of the coronavirus (COVID-19) vaccination programme has been extended to all 12 to 15 year olds. The second vaccination programme will be facilitated at college on Thursday 17th March with NHS staff attending to administer the vaccination to each student who has returned their signed consent form.

Please visit (<https://trhat.co.uk/vaccination22-rc/>) for access to a range of leaflets and Frequently Asked Questions (FAQs) to enable you to make an informed decision about your child's vaccination.

If you would like your child to receive the first or second dose of the vaccine, but are yet to complete the consent form, please contact Rosedale College reception.

Slimming World

Slimming World is a weight loss programme designed to encourage people to adopt healthy habits around food and activity, and commit to a healthier way of life. They have joined forces with Public Health England (PHE) and are part of the government's Better Health Campaign, offering a food optimising plan with a healthy and flexible approach as well as empowering 'slimmers' to make changes for life.

The programme is designed for mums-to-be and new mums, young people aged between 11 to 17, and members who have diabetes. The groups will take place at Hewens College every Monday at 5:30pm or 7:30pm and Saturday at 9:30am, and are run by consultants who are trained in nutrition and behaviour-change techniques at the Slimming World Academy. Please visit (<https://www.hewenscollege.co.uk/page/?title=Slimming+World&pid=72>) to start your slimming journey now.

Changes to Coronavirus Testing

On Monday 21st February, the government removed the guidance for staff and students in most education and childcare settings to undertake twice-weekly asymptomatic testing. Staff and students of secondary age and above in Special Educational Needs and Disabilities (SEND) settings within mainstream settings are advised to continue twice-weekly testing. The education testing delivery channels will remain open so that staff and students of secondary age and above can access tests if needed to respond to local public health advice, in particular in relation to outbreaks. Staff and students are also able to access test kits from their local pharmacy or online via (<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>).

FEBRUARY TO MARCH 2022	
FEBRUARY	
Monday 28th to Tuesday 8th March	Year 11 Trial Examinations
MARCH	
Thursday 3rd	World Book Day
Friday 4th	Deadline for Year 8 Options Form - Online
Monday 7th to Friday 11th	Post 16 Trial Examinations
Thursday 17th	Covid Vaccination programme

		Week Commencing: Monday 28th February	
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			

Changes to Self-Isolation

On Thursday 24th February, the government removed the legal requirement to self-isolate following a positive test. Adults and children who test positive will continue to be advised to stay at home and avoid contact with other people for at least 5 full days, and then continue to follow the guidance until they have received two negative test results on consecutive days. For further information about the changes to self-isolation and the daily testing of close contacts, please visit (<https://trhat.co.uk/covidpage-rc/>).