

Physical Education Through Challenging Times

This half term has proved to be a challenging one, ensuring that Physical Education (PE) lessons followed the recommended government guidelines referring to safety, whilst creating fun and interesting lessons for students. Students were enthusiastic and motivated on their return to college whilst maintaining their upmost safety by sanitising their hands and helping with the cleaning of equipment. Fitness testing proved to push students out of their comfort zones and there were some impressive results across all year groups, highlighting Rosedale's promising young athletes! The glorious weather gave us the opportunity to revisit those summer sports that were missed out on, from cricket to rounders and athletics. We look forward to starting clubs again as well as participating in leagues, which should begin when government guidelines direct accordingly. In the meantime, we are pleased to be competing in the virtual London Youth Games in Athletics and Cross Country challenges, which we have been preparing for throughout PE lessons. We would like to praise the students on their admirable kit, which ensures we are representing the College in the most positive light. We now have all year groups arriving in PE kit with a blazer, giving us more time to be active!



'LIT Literacy'

Following on from the success of International Literacy Day on Tuesday 8th September, Rosedale College students took part in a series of exercises designed to foster an appreciation for literacy, with an international flavour.

Year 7 and 8 students explored a number of newspapers and periodicals from across the globe, including regions as diverse as India, Canada and Malaysia. This gave them the opportunity to observe how the layout of print media differs around the world, as well as stimulate discussions about globalisation. Students also had the opportunity to explore the different issues that make headline news around the world. Of course, such experiences are another 'rung on the ladder' in our aim to equip students to become fully rounded individuals of society, who are aware of the world within which they live.

In addition, throughout September, students also took part in the activity 'Historical Landscaping', combining literacy with historical research, where they were encouraged to investigate 'this day in history' to highlight key historical events. As such, a variety of topics were on display, including momentous occasions such as the outbreak of World War II, the notorious Great Fire of London, and the births of significant figures from Queen Elizabeth I to author, Roald Dahl. This spurred quite a buzz among students, as each wanted to top the other in presenting the most intriguing historical fact for each day. This meant that some extensive research was conducted by our very enthusiastic group!

It was fantastic to see the students so engaged and having fun with their learning. Not only do these activities provide an excellent opportunity to promote and foster literacy among our students, but also remind our students that literacy is not limited to the library or their English lessons; literacy is everywhere and in everything we do in our lives.

ROSEDALE COLLEGE VIRTUAL OPEN EVENING

The Virtual Tour for Rosedale College premiered this week. Please note that this is readily available on the College website under **News and Events - Virtual Open Evening**. This can also be accessed via:

<https://trhat.co.uk/virtualopenevening-rc/>

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Absence Reporting

In the event of your child being unable to attend college, please contact the main reception on 020 8573 2097 before 8:45am. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent. The only exception to this is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital. The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college.

Face Coverings


As of Monday 5th October, all students have been highly recommended to wear face coverings in all communal areas of the College campus. This measure has been implemented to reduce the risk of coronavirus (COVID-19) transmission. Please note that face coverings do not replace social distancing or hand washing, however, combining these measures gives us the best chance of preventing COVID-19. Your cooperation in this matter is highly appreciated.

Physical Education (PE), Sports Kit and Uniform

We have reviewed the current circumstances and valuable feedback from parents, guardians and carers regarding students changing for Physical Education (PE) lessons, and the perceived risks this may bring during this time. We can confirm that students are able to come to college in their kit only on the days they have their PE lessons, until further notice. Please note that this decision comes with the following expectations, which will be closely monitored:

- On the days that students have their PE lessons, they must attend in their full kit with their college blazer over the top of their polo shirt if not wearing the full college tracksuit. Their kit must be the complete Rosedale College kit, with no additions or substitutions.
- If students do not attend in their full PE kit, they will not be able to engage in the practical lesson, and will receive the appropriate sanctions in accordance with our policy.

If students repeatedly do not attend college in the correct clothing for the day, then parents, guardians and carers will be contacted to bring in the correct clothing.

 <h3>October 2020 to January 2021</h3>	
OCTOBER	
Monday 26th to Friday 30th	Half Term
DECEMBER	
Friday 18th	End of Autumn Term
JANUARY	
Wednesday 6th	Spring Term Begins

		Week Commencing: Monday 12th October	
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	
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			

Sweets Containing Psychoactive Ingredients

We would like to warn all parents, guardians and carers of the dangers of the 'Medicated Nerds Rope Bites' sweet which appears to have dangerous levels of the psychoactive chemical THC. They have been reported to have negative effects on children with symptoms including nausea, hyperactivity, elevated heart rates and hallucinations and the police have issued a warning to families about the potential risks of consuming these sweets. We urge parents, guardians and carers to be extra vigilant about what their children are eating and to reinforce the importance of developing healthy eating habits and making safe choices when buying snacks from outside.