



Wood End Green Road,  
Hayes, Middlesex, UB3 2SE



FRIDAY 29TH JANUARY, 2021

CONTACT US ON



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Rosedalecollege@trhat.org



## COLLEGE IS STILL OPEN

We are open to care for our students who are vulnerable and those whose parents are essential Key Workers.



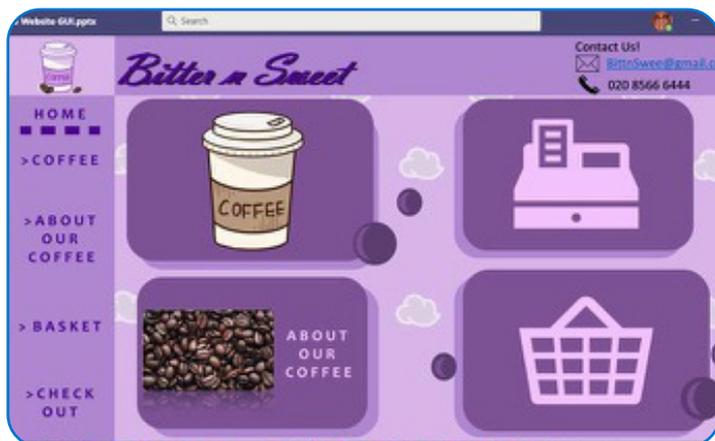
Please email us at [Rosedalecollege@trhat.org](mailto:Rosedalecollege@trhat.org) or call us on 020 8573 2097 if you require our service the day before by 6:00pm

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### Students Get Creative!

Year 9 Information Technology (IT) students have been getting creative with the use of design in lessons. During the week commencing Monday 18th January, Year 9 students were given a task to use appropriate software design and produce a GUI (Graphical User Interface) for customers to view in a coffee shop, which would enable them to look at what they want to purchase before they get to the counter to place the order. The task required the students to use the computer program to communicate through the use of symbols, visual metaphors, and pointing devices. They thoroughly enjoyed this task, and even decided on their own name and logo for the coffee shops. Well done to all students that gave this task a go, in particular Asikka Silvabalan and Syon Saini who produced some exceptional work. Keep up the hard work!



### Dealing with Challenging Situations

This week, from Monday 25th January, the College assemblies have been based on dealing with challenging situations and students were asked to think about what challenges they were facing at the moment.

The current pandemic has had a profound impact on students, creating many challenges, whether this is completing a piece of work in time for the deadline despite your laptop crashing, or logging in every morning in time for registration whilst having lots of other things going on around you at home! With so much going on, and so much to do, it is unbelievable to imagine that this can also mean spending more time alone, in your bedrooms or work spaces than ever before! Without support or people to talk to, it can almost feel like climbing Everest!

The College assemblies have offered some tips on mastering the art of keeping going when the going gets tough, by following the simple rules below;

**Remembering the end goal** – ultimately, you want to get good grades so giving up is not an option!

**Remembering that you are not alone** - many people face the same challenges, so reach out and talk to other people!

**Stress can be managed** - learning to manage your time by having a healthy balance between school work and taking care of yourself is vital!

**Don't ever be scared to ask for help** – remember, we are all in this together! Ask for help!

Whether in the current pandemic, or something to think about in the future, students have been bidden to think of the above methods that we hope will help keep them going when the going gets tough.

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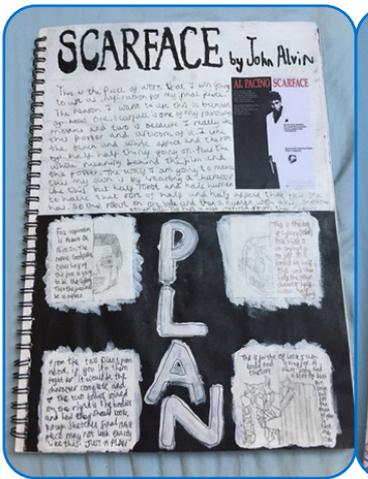
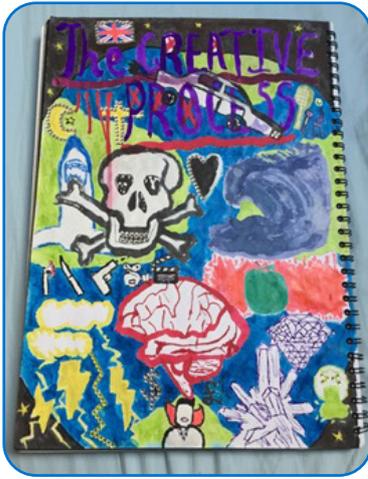
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## Student Art Gallery

The next page will be used as an Art gallery to showcase some of the incredible Art work our students have achieved during the lockdown. The gallery will feature assigned projects from Ahmad Shanawar, a Year 13 student who is working on Unit 3: The Creative process, and has completed his work based on an artist of choice and created a title page in response to the artist researched. Well done Ahmad, this is exceptional work!



We're committed to everyone's well-being.

# Our employees are wearing face masks.

## We ask that you wear yours too.

Thank you for your cooperation!

THE ROSEDALE HEWENS ACADEMY TRUST

## Change4Life Lockdown Lunches

As you are aware, Edenred has relaunched the National Free School Meals Voucher Scheme to support families through the lockdown. The scheme went live on Monday 18th January and by the following week, more than £30 million of eCodes had been redeemed into supermarket gift cards for families.

For those who have redeemed their Edenred FSM vouchers but are struggling for meal inspiration, Change4Life has created recipes and shopping lists for families which can be used to create lunches for around £15 each week. For 3 weeks' worth of recipes and finding fresh inspiration for cooking, please visit (<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>).

## Available Support Services

Maintaining good mental health is crucial to overall wellbeing. Fortunately, there are many support services available for children and young people.

SSS Learning has produced a free resource designed to offer advice on how families can safeguard their children's mental health and promote their wellbeing. For 10 top tips on practical ways to positively promote your child's mental health, please visit (<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>).

Kooth is a support service that provides ideas for relaxation and mindful activities to help reduce stress and anxiety, as well as offering emotional and mental health support; (<https://www.kooth.com/>). Additionally, YoungMinds is a national charity championing the emotional wellbeing and mental health of young people by offering support, advice and guidance to ensure they can access the right help; (<https://youngminds.org.uk/>).

## Student Attendance and Engagement

We are extremely proud of all our students during these changeable times. The attendance and engagement has been outstanding. We would like to applaud the following students, whom have either had 100% attendance to all lessons, or worked exceptionally hard this week. Well done to you all;

**Year 7:** Amrit Hans, Nathan Pereira, Megan Ngono Ntonga, Omira Jan, Fabian Machowski, Taha Shafiq, Ines Brahim, Caitlin Brockwell, Lydia Mezali, Jasleen Kaur Singh, Omar Doust, Aaruthan Luckeeswaran, Neelam Zargar, Mayra Kovacs, Abdulkarim Harhouf, Abdirahman Yeraas, Fahmo Osman, Aliyah Ismail, Simarpreet Sachdeva, Mohammed Aslam, Ashwin Raveendran, George Beckley, Krisha Dhungana, Symayyah Ahmed, Nathan Yilma, Aaya Al- Mossawi, Rishi Ghedia, Rayan Ibrahim, Bisher Fattouh, Abbas Habibi, Avanshika Kapoor, Emilis Baltrusaitis, Yassin Ahmaidi and Laiba Khan.

**Year 8:** Haneet Bajaj, Delancia King, Kyron Salhab, Yuvraj Gill, Muhammed Imran, Aksh Mistri, Ganga Kahlon, Shabaan Ahmed, Ahmed Elatiya, Mohammed Uddin, Younes Mezal, Alethea Fernandes, Abdullah Rashid, Jagot Badee, Yashfa Mughal, Ashwin Pillai, Zuhaib Rashid, Muna Ali, Anya Downes, Katpakan Rajavel, Laiba Malik, Prethya Thanigasalthanan, Abdullahi Yeraas, Abdijalil Geilleh, James Crawford, Sampavi Nimalarajh, Dilpreet Saran, Adam Mahay, Ajay Sadanandan, Sehajveer Sachdeva, Shahzad Yaqubi and Kerry-Anne Smith, Nadira Olol, Haseeb Syed, Kailani Earlington, Adchaya Sivabalan, Mariam Jan, Theo Kamalanathan, Natasha Seda, Shamitha Manikkavasagar, Yasmin Kandil, Rukiya Moallin, Sajadul Alam, Aidan Gill and Abdilatif Cherif.

**Year 9:** Syon Saini, Ranzia Pereira, Jasmine Gelly, Hassnain Akram, Scarlett Geoghegan, Simran Grewal, Karmilla Owczarek, Deimjan Sebeika, Simar Bajaj, Saeem Qureshi, Tony Turnbull, Mohamed Zmar, Riti Chakraborty, Shanu Mohankumaramangalam and Zeynab Moalin.

**Year 10:** Lucy Verity, Diya Dadral, Niruja Suganthiran, Wahab Sheikh, Pravin Sivanesan, Sumairaa Ahmed, Fatima Raza, Zak Pereira, Karndeep Singh, Courtney Brockwell, Shafan Chaudhry, Suretha Suresh, Mohkaran Bhatti, Jennah Ali, Yasamin Nori, Denny Morkunas, Maryam Bibi, Sakirye Fidhin, Jamal Sahardeed, Akilah Brown, Ikhlaas Olad, Lewis Poore, Zaina Butt, Adel Hussein, Harkiran Kaur, Slimon Jan, Ryandeep Atwal and Farkhonda Wahidy.

**Year 11:** Ali Rashall, Amon Yaqubi, Maryem Al-Attaoui, Sarah Olugboye, Jagoda Zebrowska, Hadi Ataya, Mathursan Raveendran, Karima Ahmed, Tarequl Hazari, Fatima Osman, Aman Sidhu, Abdullah Ashraf, Sidratul Alam and Kashief Ali.

 <h3>January to March 2021</h3>	
<b>FEBRUARY</b>	
Monday 15th to Friday 19th	Half Term
<b>MARCH</b>	
Wednesday 31st March	Term Ends

	<b>Week Commencing: Monday 1st February</b>
	<b>SPECIAL MENU</b>

MONDAY		
Meal Choice 1	Chicken Goujons with Potato Wedges, Beans and Vegetables	Halal
Meal Choice 2	Chicken Goujons with Potato Wedges, Beans and Vegetables	Non Halal
Meal Choice 3	Cheese and Onion Quiche with Potato Wedges, Beans and Vegetables	Vegetarian
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
TUESDAY		
Meal Choice 1	Macaroni Cheese and Vegetables	Vegetarian
Meal Choice 2	Baked Jacket Potato with Various Fillings	Vegetarian
WEDNESDAY		
Meal Choice 1	Baked Jacket Potato with Various Fillings	Vegetarian
THURSDAY		
Meal Choice 1	Chicken Sausages with Sliced Potatoes and Beans	Halal
Meal Choice 2	Pork Sausages with Sliced Potatoes and Beans	Non Halal
Meal Choice 3	Vegetarian Sausages with Sliced Potatoes and Beans	Vegetarian
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Cooked Chips and Beans	
Meal Choice 2	Guorn Nuggets with Oven Cooked Chips and Beans	Vegetarian
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian

*The daily dessert choices will be as follows: Fresh Fruit, Yogurt, Jelly or Ice Cream pots*

## Accessing Microsoft Teams

All students currently engaging in remote learning are expected to be accessing their classrooms virtually via Microsoft Teams. Students have received letters and guides on how to access their respective classrooms, along with an email address and password. For those still experiencing problems logging in, Microsoft Education has streamed a video outlining the process of signing in and navigating your teams: (<https://www.youtube.com/watch?v=qx8xHpRMFHU>).

## Vaccine Fraud

The vaccine is a crucial tool in fighting coronavirus (COVID-19) and keeping people safe. Unfortunately, criminals have used this opportunity to take advantage of the COVID-19 vaccine rollout in order to commit fraud via phishing emails and scam text messages. As such, The NHS Counter Fraud Authority (NHSCFA) has issued a warning to the nation to be extra vigilant during this time. For guidance and support, please visit ([http://upload.reactcdn.co.uk/rosedale/uploads/document/2601\\_COVID-19\\_Vaccine\\_Fraud\\_Poster\\_V3.pdf](http://upload.reactcdn.co.uk/rosedale/uploads/document/2601_COVID-19_Vaccine_Fraud_Poster_V3.pdf)).

Please be extra cautious if you receive a communication purporting to be from the NHS demanding personal details. The vaccine is only available on the NHS and is free of charge. The NHS will never request your bank account or card details or personal documents proving your identity. If you have any concerns about the legitimacy of any communication, please visit the government website to report any internet scams and phishing: (<https://www.gov.uk/report-suspicious-emails-websites-phishing>). Alternatively, please visit (<https://cfa.nhs.uk/reportfraud>) for more information about how you will be contacted for your COVID-19 vaccine.

The NHS will never ask for:

- Your bank account or card details
- Your pin or banking password
- Copies of personal documents to prove your identity such as your passport, driving license, bills or pay slips