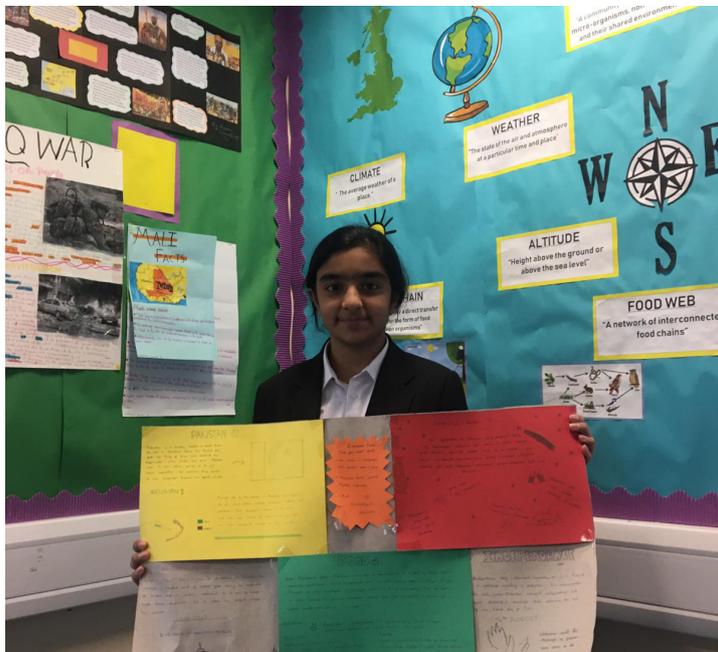


**Celebrating our Rich Diversity**

The start of every academic year heralds the celebration of Languages Day here at Rosedale College. Throughout the week the Languages Alliance celebrated the rich cultural diversity here within the college. In every languages lesson our students took part in activities to acknowledge, share and honour all the languages spoken and used around the world. It was an opportunity for our students to learn key facts about languages, to recognise the importance of using a variety of languages and also to learn about the origin of words.



Year 7 students also had the opportunity to share their cultural identity with peers in lessons, using language as a starting point.

**The Jack Petchey - Speak Out Challenge**

The Jack Petchey 'Speak Out Challenge' is a wonderful opportunity for KS4 students as they are able to challenge themselves through the spoken word. Students that participated in the workshop found it enriching and beneficial as they were able to build upon their confidence. The workshop consisted of exercises that developed their skills in speaking in public, engaging with audiences, and understanding the importance of communication. The students, who were at first shy, soon lost their inhibitions and were able to share their ideas, speak about current topics, debate through discussion, and share their ambitions with the class with great enthusiasm and authenticity.

A select number of student were selected from the 34 that took part. This year's candidates were Karim Ward, Diya Grewal, Samitha Manikkavasagar, and Tre Winchester. These successful students will be working with the English Alliance to prepare speeches for the borough competition, this is where students can develop their ideas and take part in the Jack Petchey Challenge across London. Rosedale College has been very successful in the past with students reaching the semi-finals and gaining recognition with the organisation receiving qualifications and certificates in public speaking.



## Asthma Week - 3rd - 9th October

#AskAboutAsthma is back for 2022. Now in its sixth year, the campaign is about making simple changes to children and young people's care that will make a big difference to how they experience their asthma. Led by NHS England, London's Babies, Children and Young People programme, the aim is for every person involved in the care of a child or young person with asthma from GPs and nurses to parents/carers, teachers and youth group leaders to know about the four asks that can help every person to manage their condition and live full, active lives.



## Mobile Phones

### USE OF MOBILE PHONES

Please note that the use of mobile phones is restricted at College. We recognise the fact that many students will carry phones for calling parents, guardians and carers after college and for safety reasons, on their journeys home every afternoon. However, during college hours, if a mobile phone is seen or heard, the student should expect a consequence. This rule will be applied rigorously and consistently by all staff at the College, including site and support staff.

## School Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. It is designed to instil a sense of pride, identity and belonging. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.

 <h2 style="text-align: center;">October 2022</h2>		
OCTOBER		
1st-31st Oct		Walk to School
Mon 3rd - 9th Oct		Asthma Week
Mon 24th - 28th Oct		Half Term

## Walk to School - 1st - 31st October

Starting secondary school is a big event in an 11-year old's life and that of their parents or carers. It signals the start of a new chapter and one that generally comes with newly-gained independence and longer journeys. To help make the transition to secondary school easier, here are some things to consider about your child's journey to their new school.

Before your child starts secondary school, map out their route. If they can, travelling on foot or by bike is a great way to help your child be more physically active every day. Google Maps is an easy and convenient way to map out routes.

Cycle Streets' journey planner helps find quieter routes for cycling. City Mapper is another option if you live in a city.

If you can, make a practice journey to school. How long does it take? Is there a nicer or safer route that you can find? Consider all options and make a decision about which route your child wants to take.

	<b>Week Commencing: Monday 10th October</b>  <b>MENU 2</b>
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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