

## Welcome Back

Welcome Back to all our students and staff, hope you all had a good half term, and are all refreshed for a good term at college

## International Junk Kouture Competition

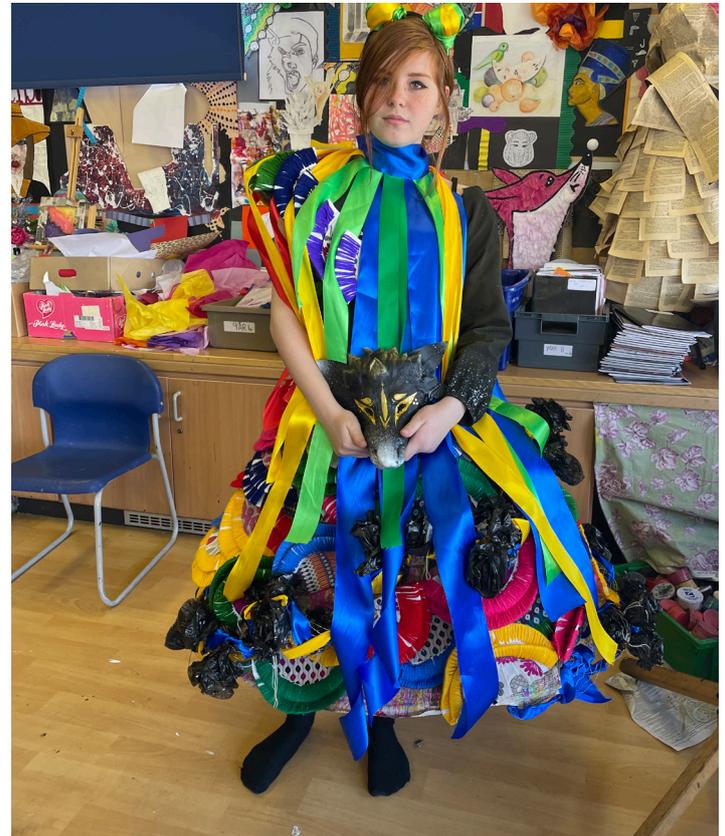
Two of our art students are world finalists of the International Junk Kouture competition. Curated to shine a light on the importance of climate change through creativity and self expression, Junk Kouture, the world's largest sustainable youth fashion competition challenges young people between the ages of 13 to 18 years to create striking and imaginative outfits out of nothing but recycled materials.



Karmila Owczarek and Mannat Babrah designed and created a dress out of recycling under the expert guidance of Mrs Vaz. During half term they participated in the city finals in London and were victorious.

The world finals will take place in Abu Dhabi in January 2023.

GOOD LUCK GIRLS.



## National Poetry Day Competition

Rosedale College enjoyed celebrating National Poetry Day at the start of October by giving our students and staff an opportunity to read and hear a wide range of favourite poems, and enjoy poetry writing in various lessons and subjects across the curriculum.

At Rosedale College, all Year 7s and 8s were encourage to take part in a competition to find out as many teachers' favourite poems as possible, and something interesting or unique about them. Many of these poems were read in lessons and assemblies. The poems includes works by Maya Angelou, Robert Frost, Rudyard Kipling, Sylvia Plath, and Wilfred Owen.

Students heard poems that were personal, inspirational, moving, provocative, profound and humourous, and personal to the teacher concerned, reminding us of the power of literature and the written word. They even heard poems in French in Modern Foreign Languages.

Well done to Safar in 8M who won this competition.

## Supporting Reading at Rosedale College

Why do we love reading for pleasure?

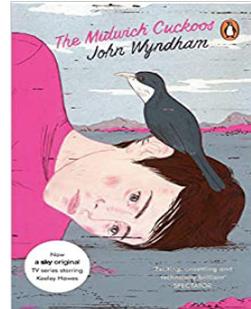
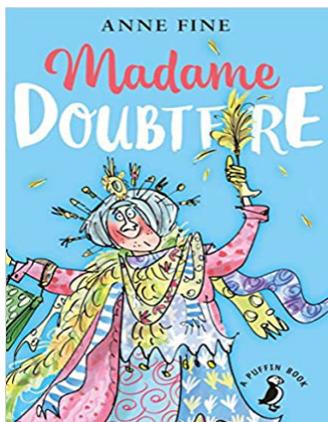
This term, the English Alliance has really began looking at the idea of reading for pleasure and how we can make our students readers for life, young people who read confidently and enjoying reading regularly for pleasure. To do this, we have amongst other things given all students in Years 7 to 9 a designated slot in the school library each week, and shared reading lists with every year group.

At Rosedale College, we believe that reading is the foundation of a child's ability to learn and prosper academically, and ultimately, their ability to function properly in an ever changing society. To achieve in all areas of the curriculum, a child will need to possess strong reading skills to make it through school and into their career.

Put simply, reading matters because it makes students more-clever! This is because:

1. It expands their vocabulary and improves their grammar, making them better at articulating themselves verbally and in their writing.
2. It helps build independence and self-confidence, making students more resilient learners.
3. It leads to their future academic success in all subjects. Reading enables pupils both to acquire knowledge and to build on what they already know.
4. It enhances their imagination. Through reading, pupils have a chance to develop culturally, emotionally, intellectually, socially and spiritually.
5. It entertains them.

Since reading accurately and with confidence is so essential to a child's progress, it is essential to teach children the value of reading as soon as they start at Rosedale College so they do it as often as possible, they value their ability to do so, and they hopefully become lifelong readers for pleasure.



How can you support your child in reading at home?

As a parent, guardian or carer you can support your child in reading by taking an active interest in what they are reading at school and at home. Taking them to a public library or buying high-quality reading books and newspapers will also be very helpful.

In addition, you can always talk to your child's English teacher about recommended reading. We are happy to help.

Above all else, it is essential that students see you reading. Students are more likely to read if they see you reading and you are modelling the idea that reading is enjoyable and beneficial.

Each year group in Key Stage 3 and 4 have been provided with an online reading list. The list for each year group consists of a wide range of materials, including fiction and non-fiction, and caters for a wide range of tastes and abilities.

Please browse the options on the website below for inspiration for your child's next book.

Year 7

<https://schoolreadinglist.co.uk/reading-lists-for-ks3-pupils/suggested-reading-list-for-year-7-pupils-ks2-age-11-12/>

Year 8

<https://schoolreadinglist.co.uk/reading-lists-for-ks3-pupils/suggested-reading-list-for-year-8-pupils-ks3-age-12-13/>

Year 9

<https://schoolreadinglist.co.uk/reading-lists-for-ks3-pupils/suggested-reading-list-for-year-9-pupils-ks3-age-13-14/>

Year 10

<https://schoolreadinglist.co.uk/reading-lists-for-ks4-school-pupils/suggested-reading-list-year-10-pupils-ks4-age-14-15/>

Year 11

<https://schoolreadinglist.co.uk/reading-lists-for-ks4-school-pupils/suggested-reading-list-year-11-pupils-ks4-age-15-16/>

### Social Media Kindness Day - Wednesday 9th November

Social media is increasingly playing a large part in our daily lives. We need to make it a kinder place as opposed for it to be somewhere anger and hate breeds. Everytime we use social media, we leave an imprint. Social Media Kindness Day is encouraging for all those imprints to be kind!

Most people would never make the nasty remarks they do on social media to a person's face. This is because they would be able to see the hurt and upset caused by those words. On social media, the ability to see that reaction is taken away. You never know how someone would react to the nasty messages they receive on social media.

Click the link below for advice on how to leave kind imprints online: <https://trhat.co.uk/social-media-ethics/>



### Armistice Day - Friday 11th November



The Armistice, an agreement to end the fighting of the First World War as a prelude to peace negotiations, began at 11am on 11th November 1918.

Armistice is Latin for to stand (still) arms.

To this day we mark Armistice Day around the United Kingdom with a Two Minute Silence at 11am on the 11th day of the 11th month.

If your child would like a poppy we have them at the main reception, please make a small donate as all proceeds go to The Poppy Appeal.

### Online Safety and Social Media Workshop - Monday 7th November 5pm to 6:15pm

Rosedale College is excited to host a workshop on Online safety and social media use, for parents, guardians carers and students of both Rosedale College and Parkside Studio College. The workshop will explore practical strategies to help you keep child safe online and raise your awareness about the pressures and difficulties young people face in the social media world. The recent death of teenager Molly Russell, which you may have seen in the news, highlights the importance of talking about social media and the affect social media content can have on young people.

Please do join us at Rosedale College on 7th November at 5.00 pm until 6.15pm. If you are interested please book your place by contacting Rosedale College on 0208 5732097 or by emailing GRanger@trhat.org

### International Stress Awareness Week - Monday 7th - 11th November

International Stress Awareness Week is an annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues.

Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational. There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout.

Please visit the NHS website for more useful tips and advice on dealing with stress:

<https://trhat.co.uk/nhs-every-mind-matters-mental-health-issues-stress/>

## TOP TIPS

### TO DEAL WITH STRESS AND BURNOUT

#stressawarenessweek

	<b>Split up big tasks</b> If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them. Making a habit of this can really help		<b>Allow yourself some positivity</b> Take time to think about the good things in your life. Make an appointment with yourself each day to consider what went well and try to list 3 things you're thankful for.
	<b>Try self-help CBT techniques</b> Our short video guides and practical strategies can help you deal with worries, anxiety and unhelpful thoughts, work through problems in new ways and build resilience.		<b>Be more active</b> Being active regularly can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.
	<b>Talk to someone</b> Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.		<b>Plan ahead</b> Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

### Leave of absence

Student absence during term time will only be approved in exceptional circumstances. Any planned term time leave of absence in such circumstances, must be requested in writing to the Principal prior to any travel arrangements being made. If the absence is not approved, but taken, it will be recorded as unauthorised. Please be aware that unauthorised absences could result in the issue of a fixed penalty fine and/or prosecution by the Local Authority.

### Lost Property

All lost property enquiries should be directed to the main reception of the College on 020 8573 2097. Items that are found on the campus that are clearly marked with the student's name are returned to the student as soon as possible. All unnamed items are kept by reception for students to check.

### Traffic Congestion Outside the College

The necessity for staggered starts at the beginning of the day, along with the two other schools that share the road, means that we have to be extra vigilant about traffic and safety outside the College.

Please can we reiterate that no cars are to be parked on the double yellow lines, up on the pavement or on the 'keep clear' areas. Cars should also avoid turning in the road, as this is leading to congestion in both directions.

We appreciate that many students are not using public transport at this time, and would ask those who must come by car and are unable to walk, to be dropped off at the designated time with no waiting. Residents of Wood End Green Road have complained to the council, and we do anticipate that Traffic Enforcement Officers may be deployed. Thank you for your continued support.

 <h2 style="text-align: center;">November 2022</h2>	
NOVEMBER	
Fri 4th Nov	YR9 French Trip to National Gallery
Sat 5th Nov	Guy Fawkes
Mon 7th Nov	Online Safety & Social Media Workshop
Mon 7th- Fri 11th Nov	International Stress Awareness Week
Weds 9th Nov	Social Media Kindness Day
Fri 11th Nov	Armistice Day
Mon 21st Nov	YR10 & YR11 An Inspector Calls Trip

### Attendance

We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of students and their level of attainment. Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of college hours. The expectation of the governing body is that all students will achieve a minimum annual attendance rate of 96%. The only circumstances in which absence from college will be authorized are when your child is too ill to attend or permission for leave of absence, due to exceptional circumstances, has been received from the Principal.

	<b>Week Commencing: Monday 7th November 2022</b>  <b>MENU 1</b>
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MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Fresh Fruit Salad	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		