



Sprinting Through Physical Education

This half term kicked off with some sunshine, allowing students to go outside and run cross country. The Borough Cross Country is being run virtually this year with all students competing in lessons and having their times recorded and emitted. At Rosedale College, we consider ourselves lucky to have plenty of space for students to run over different terrains, travelling over hills and mounds and sloshing through mud. Some impressive times were set: Summayah Ahmed in Year 7 ran 2km in 10.04 seconds, Jasmine Gelly in Year 9 ran 2.5km in 14.56 seconds, and Seyfu Tesfay set an incredible record for 3km with a time of 14.10 seconds. Well done to you all!



We continue working towards our sports hall Athletics times and distances, with the top 5 entries being entered for the London Youth Games in December.



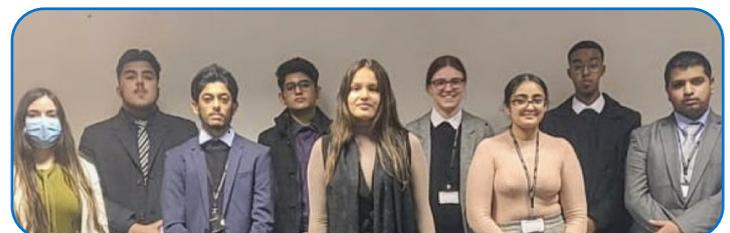
Going forward, we are excited to announce that we will be starting a sports council for Year 7, 8 and 9 students. This is a fantastic opportunity for any sports enthusiasts to try their hand at organising Alliance challenges, leading and organising team fixtures and generally being a good role model for Physical Education (PE) around the College. Watch this space for how to apply!

The Post 16 Ambassador Programme

It has been an eventful and busy few weeks for Post 16 students as they prepared for the launch of the Ambassador Programme. The Post 16 Ambassador Programme began with fourteen students applying, where all candidates impressed the panel, and had novel and intriguing ideas that they brought forward. From the fourteen candidates, a strong team of ten across Year 12 and Year 13 were selected to represent Post 16 for the academic year, each having their own unique role. The students selected went through a long and arduous process, very much similar to what any other young adult would go through in order to gain employment.



For the remainder of the academic year, the Ambassadors will represent an organisation comparable to the foundation of the Trust, where they will be working alongside Key Stage 3 and Key Stage 4 students, identifying and responding to specific college related needs, generating ideas in order to improve the College, innovate to meet the needs of the students, and liaise with staff in order to problem-solve. There are a variety of actions that the students will partake in, and all of them will challenge their abilities, and empower them with invaluable skills for the real world. Exciting times ahead!





MANDATORY FACE MASKS

We have reviewed the current circumstances regarding face masks in line with the recent government guidelines. In light of the latest guidelines, we will be proceeding with the approach informed by the government guidance and the World Health Organisation (WHO) advice. Further information can be found via the College website at <https://trhat.co.uk/letter-facemask-rc/>

Virtual Post 16 Open Evening

This year, The Rosedale Hewens Academy Trust is excited to announce its first virtual Post 16 Open Evening, held to support all local young people in choosing the best possible pathway for success, as they work towards graduating from their secondary education. The Post 16 Open Evening will take place virtually on Tuesday 24th November 2020 at 6:30pm, via <https://trhat.co.uk/virtualopenevening-post16/>. The evening will aim to guide parents, guardians, carers and prospective students through the Trust's Post 16 offer. Viewers will be taken on a journey through the four secondary Colleges within the Trust and will be guided through the different curriculum areas, demonstrating what Post 16 teaching and learning looks like, as it is a step up from GCSE. From the wide variety of subject areas on offer, viewers will be able to gauge the examination boards used, the modules covered in both Year 12 and 13 and they will receive a comprehensive overview of what the course demands from its students.

The virtual event promises to be informative and enlightening for all and the Trust is looking forward to premiering the event on the aforementioned evening. From the career-focused courses offered at the Trust to our extensive enrichment opportunities, students and their families are invited to join us virtually to find out just what makes Post 16 at The Rosedale Hewens Academy Trust an offer that cannot be missed by those in the local community.

We also encourage you to explore our Trust and College websites, read our Post 16 prospectus, and follow our social media channels for an insight into life as a Post 16 student.

Student Photographs - Wednesday 9th December

The health and safety of all our students is paramount to us and we have been working hard to ensure we can still supply your child's individual photographs in the safest way possible.

As such, we have finalised arrangements with Fraser Portraits who have provided us with a rescheduled date for your child's individual photographs and a risk assessment, outlining the various measures that will be put in place for their onsite presence on the day. The photographer will now be visiting the College on Wednesday 9th December, so please ensure that your child is dressed smartly in full college uniform.

Should you have any concerns, a copy of the risk assessment has been uploaded to the College website and may be provided upon request at the College Reception. Thank you for your cooperation during these unprecedented times and we apologise for any inconvenience this may have caused.

	November 2020 to January 2021	
NOVEMBER		
Tuesday 24th	Virtual Post 16 Open Evening	
DECEMBER		
Wednesday 9th	Student Photographs	
Friday 18th	End of Autumn Term	
JANUARY		
Wednesday 6th	Spring Term Begins	

	Week Commencing: Monday 23rd November
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
<i>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</i>		

Physical Education (PE) Kit Reminder

It has come to our attention that a small number of students are attending college without the correct PE kit.

PE is a compulsory activity that all students must take part in and to ensure the safety of students, it is paramount that they wear the correct clothing. This consists of a polo shirt, blazer, **blue socks** with the Rosedale College logo on each item, all of which are compulsory, as well as a pair of trainers (any brand and colour). Students also have the choice of wearing either the Rosedale tracksuit or the Rosedale shorts; other branded tracksuits and hoodies are strictly prohibited.

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.