



## Welcome Back

Welcome Back to all our students and staff, hope you all had a good break, and are all refreshed for a good start to Spring term at College.

### *Diversity Org Visit*

On Friday 13th January, Diversity Org came to Rosedale College to speak to our students about their future career options. Diversity Org is a global non-profit organisation with the aim and purpose of providing networking opportunities for students who may be disenfranchised in their prospects, giving them access to information about corporate, high-income careers. Diversity Org act as a mediator between minority underrepresented students and multi-billion-dollar companies in 3 distinct ways:

- 1 - Assemblies - to teach how to obtain high-income jobs and fulfilling careers.
- 2 - Workshops - to teach students social and professional development.
- 3 - Apprenticeships - to connect students with corporate partners as interns, apprentices, and entry-level employees.



The Diversity Org are currently in partnership with the following companies:

- Warner Media (HBO, CNN, Cartoon Network, DC Comics),
- Versace,
- Michael Kors,
- Jimmy Choo,
- JPMorgan Chase (Chase Bank),
- Verizon,
- Blackstone,
- Viacom (MTV, BET, VH1, Paramount Pictures),
- Peloton and more





Overall, through each of these methods, Diversity Org seek to enrich the students personally and professionally by giving knowledge on, and granting access to, networking experiences and opportunities which would have otherwise been inaccessible.



Delivering these assemblies to all groups in-person is one way in which Diversity Org try to communicate that these companies are within reach.

### New Website





Our BRAND NEW website is NOW LIVE!

Visit our website via your mobile device or desktop to navigate through our new features such as quick links to our virtual tour, social media pages, ipayimpact payment portal, Newsletters, latest news and many more!

We look forward to continuing to share the latest [www.rosedalecollege.uk](http://www.rosedalecollege.uk) news with you via our website, so please keep a lookout each week for any updates! We hope you enjoy your virtual experience as you explore the window to our [www.rosedalecollege.uk](http://www.rosedalecollege.uk).

## FREE Asthma Workshop






### FREE Virtual Asthma Workshop's

**January 16th**
**February 6th**
**March 6th**

**4pm - 5pm**

**CONTACT THE TEAM TO RESERVE YOUR PLACE**

 [nhsnw1.myhealth@nhs.net](mailto:nhsnw1.myhealth@nhs.net)
 **01895 543 437**

**WHAT'S INCLUDED IN THE WORKSHOP ?**

What to do if your child is having an Asthma attack	Inhaler Techniques	Myth Busting	Common Triggers	Asthma Plans	Q&A
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**SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE**


MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is asthma attacks, asthma triggers, in techniques and asthma action plans.

The workshops are run online via ZOOM from 4:00pm to 5:00pm and you can register your FREE place here: <https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>

They are taking place on January 16th, February 6th and March 6th.

You can also contact the MyHealth team on tel: 01895 543 437 or [nhsnw1ccg.myhealth@nhs.net](mailto:nhsnw1ccg.myhealth@nhs.net)

During the winter months, colds, flus and other infections and illnesses tend to be more prevalent. Therefore, helping your child to keep a good standard of hygiene by washing their hands regularly, using tissues when sneezing and covering their mouths when coughing helps to prevent the spread of infections and illnesses.



## JANUARY 2023

JANUARY	
Fri 13th Jan	Diversity Org Visit
Sun 22nd Jan	Chinese New Year (Year of the Rabbit)
Tues 24th Jan	Workshop for Year 7 with TFL
Weds 25th Jan	Burns Night

## Sports Club Timetable

Sports Clubs Timetable (January - April 2023)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch clubs 1.00pm – 1.30pm	Basketball Year 7 & 8 (Sports Hall) Mr Monavari				Volleyball Year 7 & 8 (Sports Hall) Miss Craig
Lunch clubs 1.30pm – 2.00pm		Basketball Year 9 & 10 (Sports Hall) Mr Monavari			Volleyball Year 9 & 10 (Sports Hall) Miss Craig
After School 4.00pm – 5.00pm	Netball All years (Sports Hall) Miss Morrison Miss Craig	Football Year 7 & 8 Boys (Astro) Mr Yashaya Mr Wharton Mr C Hobday  Badminton Year 9, 10 & 11 Boys & Girls (Sports Hall) Mr Shah	Football Year 9, 10 & 11 Boys & All years Girls (Astro) Mr M Hobday Miss Craig		
	Fixtures	Fixtures	Fixtures	Fixtures	

	<b>Week Commencing: Monday 16th January</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		