

## Ready! Steady! Cook!

Our Year 7 and 8 students have the pleasure of cooking flapjacks this term and are relishing the opportunity to come together to understand the process of producing these delicious, sweet treats. Students have really enjoyed making these from scratch as the process of measuring, mixing and baking have all been an absolute delight for them!

Kinaesthetic learning is at the heart of what we promote at Rosedale College; we understand the concept: 'when I hear, I forget; when I see, I remember but when I do, I understand.'



## ASTHMA ALERT

A message from Hillingdon Children's Asthma Team:

It is important to ensure your child's asthma remains well controlled and that you know when you should seek medical help.

→ If your child has asthma and uses a preventer inhaler (Beige/ Brown/ Orange/ Red/ Purple/Pink) please make sure they are using this twice a day EVERY DAY as prescribed, even when well. **REMEMBER ALWAYS USE WITH A SPACER.**

→ If your child needs their reliever inhaler (Blue) more than twice a week, for more than two weeks, please book a medical review with your GP/asthma nurse.

→ If your child needs 10 puffs of their reliever (Blue) inhaler and are no better or are wheezing again within 4 hours, **GIVE ONE FURTHER SET OF 10 PUFFS** and seek urgent medical review at your nearest A&E.



Please do not delay seeking medical attention when needed.

## Bank Holiday – Monday 3rd May

Please note, Monday 3rd May is a bank holiday, therefore, Rosedale College will be closed and will resume on Tuesday 4th May at the normal time.

## Virtual Year 8 Options Day and Evening

This year, The Rosedale Hewens Academy Trust is excited to announce its first Virtual Year 8 Options Day and Evening, held to support students in choosing their Key Stage 4 options. The event will take place virtually on Tuesday 11th May 2021 at 6:00pm, and will follow a series of assemblies for students to explore their Key Stage 4 subject options.

The day programme will provide students with the opportunity to receive specialist advice, guidance and information about how to choose their options. They will also be able to watch presentations from each option subject, which will explain the course content and assessment, as well as possible career routes.

During the virtual Year 8 Options Evening event, students and their parents, guardians or carers will have the opportunity watch a presentation by the Vice Principal/Principal, where they will explain the courses on offer and the application process. There will be a dedicated Options page on each college website, with additional guidance and support for both students and their parents, guardians and carers.


Letters detailing arrangements for this event will be sent to parents, guardians and carers in due course. In the meantime, if you have any questions about this event, please speak to your child's Form Tutor. Thank you.

## Emergency Contact Details

In the best interest of your child's wellbeing whilst at college, it is vitally important, that in the event of an emergency, we are able to make contact with you or another emergency contact, as quickly as possible. To this end, we would like to remind all parents, guardians and carers to keep your contact details updated with the College and to ensure that you provide up-to-date details of at least two other emergency contacts for your child. Thank you.

## Reporting Positive Cases of Coronavirus

It is vital that all parents, guardians and carers continue to inform the College if their child has tested positive for coronavirus. In the event of a positive case, please contact us on 020 8573 2097 or email us at [Rosedalecollege@trhat.org](mailto:Rosedalecollege@trhat.org). This will allow us to monitor and manage potential cases and reduce the risk of transmission. Thank you for your cooperation in this matter.

 <h1>MAY TO JULY 2021</h1>	
MAY	
Monday 3rd	Bank Holiday (May Day)
Tuesday 11th	Virtual Year 8 Options Day and Evening
Monday 31st May to Friday 4th June	Half Term
JULY	
Wednesday 21st	Term Ends (Early staggered closure)

		<b>Week Commencing: Monday 3rd May</b> <b>MENU 2</b>
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	Guorn 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
<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>		

**+ KEEP HILLINGDON SAFE +**

# PLEASE CONTINUE TO



**Wash your hands**



**Cover your face**



**Keep a safe distance**



**Get tested regularly**



**Take the vaccine when eligible**



**HILLINGDON**  
LONDON

[www.hillingdon.gov.uk/coronavirus](http://www.hillingdon.gov.uk/coronavirus)