



## The French Spelling Bee Final

This term all our Year 7 students in French have been preparing enthusiastically for their class French spelling bee competition. All our students needed to learn 50 words and more importantly spell and pronounce them from memory using the French alphabet.

The competition was fierce and the students selected for the semi-finals were all keen and competent linguists.



We are pleased to announce that the winner of the French spelling bee this half term was Ahsab Huthaiba in 7M. He was able to spell from memory 19 words in one minute.



We also need to congratulate for following students, Arshia Anjum 7L, Avleen Hothi 7M, Amreen Kohar 7L, and Kayden Bryan 7L who followed closely behind with 18-14 words spelt in one minute. We very much look forward to witnessing the next final at the end of the Spring term.



## Nasal Flu Immunisation- 25th January 2023

To inform all Parents, Guardian and Carers your child will be offered a flu vaccine that is given as a simple spray up the nose. It is painless, very quick, and serious side effects are uncommon. This vaccination programme is designed to protect your child against flu which can be an unpleasant illness and, although rarely, sometimes cause serious complications. By having the flu vaccination, children are also less likely to pass the virus on to friends and family. This will help to protect those who are at greater risk from flu including infants, older people, and those with an underlying health condition. The flu vaccine provides protection against the strains that are predicted to circulate in the coming season. These strains may change from year to year which is why we recommend vaccination every year.

We believe your child should be vaccinated and we are now inviting parents/guardians to register your consent for the above vaccination. The School Health Service are now using an electronic method of communication which is a faster, more efficient and a safer way to deliver your child's health information. We have developed a secure online link that parents/guardians can use to register consent for the vaccination. The process is quick and easy to use.

**STEP 1:** Please either register for an account if this is your first time using the Thomson parent portal or login if you have already created an account. If this is your first time registering you will receive an email to confirm your account and set a password.

**STEP 2:** Once you login you can read the information on the Childhood Flu vaccination programme and indicate your consent.

Please click on the below link to access the eConsent <https://app.schoolscreener.com/Portal/#/CNWLLon/imms/cnw112/137077>



## Online Safety & Gaming

### Online Safety & Gaming

Gaming refers to playing electronic games, whether through consoles, computers, tablets, smartphones or other devices. Gaming remains one of the most popular forms of entertainment, attracting a wide range of age groups from all across the world. Gaming is always looking to develop, often improving on graphical features, accessibility and user engagement as years go by.

Unlike many other forms of media, gaming brings a sense of challenge to the player. Usually there is a degree of skill involved that players need to develop in order to progress. Depending on the type of game, it can also offer players a platform where they can be imaginative and explore their own creativity.

Some games have rich storylines and characters that are engaging and memorable. Many players also use it as an opportunity to compete and socialise with other users whether it be in person or online. More often than not though, people game, because it is fun!

#### Benefits of Gaming

- 1 Can develop critical and creative skills
- 2 Can bring educational benefit and awareness
- 3 Is available to most audiences and family members
- 4 Is an easy and accessible way to socialise with others

#### Considerations for Gaming

- 1 Have awareness of appropriate age restrictions
- 2 Parental awareness around purchasing
- 3 Active discussions around socialising safely
- 4 Reporting harmful or offensive content online

#### Socialising Online

A staple of gaming is the community that surrounds it. Groups and audiences can gather around a specific game, character or theme to build specific fan bases that can interact with each other. Young people may like to socialise online because:

- 1 It gives them a platform to be with friends outside of school
- 2 There is usually a competitive element at play, which can feel rewarding
- 3 It can build confidence and social skills which may not be attainable physically
- 4 It gives opportunity to young people who have difficulty socialising with friends and others

#### Reporting and Blocking

Gaming communities can range from supportive and educational, to toxic and harmful. In some instances, it can even lead towards more radical content being promoted. When faced with something or someone being harmful online, make sure young people know how to:

- 1 Report the player or piece of content
- 2 Mute or block the player
- 3 Manage their privacy settings or communication options
- 4 Speak with a trusted adult for support

To find out more about Gaming visit the SWGfL hub: [swgfl.org.uk/topics/gaming/](https://swgfl.org.uk/topics/gaming/)

or scan the QR code

#### Further Support

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](https://saferinternet.org.uk/professionals-online-safety-helpline)  
 Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](https://swgfl.org.uk/harmful-sexual-behaviour-support-service/)  
 Report Harmful Content: [reportharmfulcontent.com](https://reportharmfulcontent.com)

## Free School Meals

'Free School Meals' is a statutory means-tested benefit, which provides a child with meals at school or college for free. If you believe you may be entitled to this benefit for your child, please attend the College reception and request an application form. The member of staff on reception will be able to advise any parents, guardians or carers who are unfamiliar with the process for claiming 'Free School Meals'. Please note that parents, guardians and carers must reapply each year for this benefit.

## Absence Reporting

In the event of your child being unable to attend college, please contact the main reception on 0208 573 2097 or email: [rosedalecollege@trhat.org](mailto:rosedalecollege@trhat.org) before time. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent.

The only exception to this is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital.

The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college.

## FREE Asthma Workshop



**H4All** stronger together  
**FREE** Virtual Asthma Workshop's

January 16th February 6th March 6th  
4pm - 5pm

CONTACT THE TEAM TO RESERVE YOUR PLACE  
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)

## 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	Football Year 9, 10 & 11 Boys & All years Girls (Astro) Mr M Hobday Miss Craig		
	Badminton Year 9, 10 & 11 Boys & Girls (Sports Hall) Mr Shah				
	Fixtures	Fixtures	Fixtures	Fixtures	



**JANUARY 2023**

JANUARY	
Sun 22nd Jan	Chinese New Year (Year of the Rabbit)
Tues 24th Jan	Workshop for Year 7 with TFL
Weds 25th Jan	Nasal Flu immunisation
Weds 25th Jan	Burns Night
Mon 30th Jan	Othello trip for Year 12 & Year 13
Tues 31st Jan	Workshop for Year 7 students Mathswatch & Kerboodle

**ROSEDALE COLLEGE**

Week Commencing: *Monday 23rd January*

**MENU 2**

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
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		