



## Borough Athletics

On Wednesday 7th June we took some of our KS3 students to borough Athletics to compete. We had some outstanding results gaining many medals. We had Jordan Wilson winning Year 7 boys 200m, Taegan Doughty Whittaker winning Gold for Year 7 boys long jump, Ula Ulkstinaite getting bronze for Year 8 girls 800m and our Year 7 boys Daniel Issa, Taegan Doughty Whittaker, Mustapha Gray and Jordan Wilson winning their relay race.

All our students represented the college in a fantastic way and it was a great experience had by all.

Both Jordan Wilson and Taegan Doughty Whittaker have both been selected to represent Hillingdon for the Middlesex athletics competition. This is a massive accomplishment and the boys should be really proud of themselves. We are!





## Health Issues

Health issues related to the current warm weather are causing our A&Es to be busier than usual, with waits of up to 11 hours in A&Es at the moment.

A&E is for life threatening emergencies. There are lots of NHS services that can help you. Knowing where to go, and when, will help you get the right care when you need it.

Your local high street pharmacy can provide advice and over the counter medication to help with hayfever. You can also contact your GP surgery or call 111 when your GP is closed.

In this warm weather, when we also have a very high pollen count at the moment, make sure you follow our top tips to prevent yourself becoming unwell.

### Tips for coping in hot weather

Keep out of the heat if you can.

If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.

### Tips if hot weather sets off your asthma

Keep taking your regular preventer inhaler so you're less likely to get symptoms. And carry your reliever inhaler with you at all times so you're ready if symptoms do come on.

Go for regular asthma reviews to check you're on the right meds for you, and you're taking your inhalers in the best way to get the benefits through the summer months.

Use your written asthma action plan so you know what to do if hot weather triggers symptoms. If you're using your reliever inhaler three or more times a week, or you've noticed the hot weather's made your symptoms worse, book an extra catch-up with your doctor or asthma nurse.

Keep inhalers in a cool place out of direct sunlight so they continue to work well. Try keeping your reliever in a cool bag when you're out and about on a hot day. Don't add any ice to the bag though, because your inhaler needs to be kept dry.

Keep an eye on pollen forecasts and find out more about why staying on top of your hay fever symptoms with antihistamines is good for your asthma too.

Plan any outdoor activities for earlier in the day when the air quality tends to be better, including exercise.

## Tips if you have hayfever

Your local high street pharmacy can help with advice and over the counter medicine around hayfever.

Wear wraparound sunglasses to stop pollen getting into your eyes

Shower and change your clothes after you have been outside to wash pollen off  
Stay indoors whenever possible and keep windows and doors shut as much as possible

Vacuum regularly and dust with a damp cloth

Do not cut grass or walk on grass or keep fresh flowers in the house

Do not smoke or be around smoke – it makes your symptoms worse

Do not dry clothes outside – they can catch pollen

To get the right NHS services, click link below  
<https://usetherightservice.com/>

## E Safety

The internet is an amazing resource, which enables students to connect, communicate and be creative in a number of different ways on a range of devices. However, students need constant advice and protection when it comes to managing their time online. They need strict guidance to positively and safely access information on the internet, communicate via social networks, use applications and play games. At college, students' online activity is monitored very closely and strict software security programmes are installed to prevent students accessing inappropriate content. We advise parents, guardians and carers to reinforce the important message of staying safe online when they are at home. Please ensure your children understand the rules you put in place to keep them safe. Talk to them on a regular basis about what they are looking at online and ensure that you install appropriate software to support and manage your child's safe use of the internet. Keep your child safe online!

## School Uniform

Parents, guardians and carers we would like to inform you that we have a full supply of college uniform in stock to purchase via iPayimpact.

## HAF Summer Programme

Every summer Hillingdon Council run a Summer HAF programme which will be delivered from Monday 31 July to Friday 25 August. HAF programme is open to school-aged children (reception to year 11) who receive benefits-related free school meals. This year, HAF activity sessions will be running during summer school holidays. Please see link below.

<https://www.hillingdon.gov.uk/haf-programme>

## Year 11 Prom - Friday 14th July

Owing to its huge demand in previous years, we would like to remind students to confirm their attendance and secure their places promptly for the Year 11 Prom, taking place at Q Vardis on **Friday 14th July 2023**. This is a great opportunity for students to celebrate the culmination of their Year 11 experience, as they will look back and remember this milestone event for the rest of their lives. This year's lavish affair, where attention to detail will be paramount, will see our 2023 Leavers cohort creating extraordinary memories that will last a lifetime.

We have a number of exciting events lined up for the evening; so, get your tickets and experience your one and only Prom in the most extraordinary way! Tickets are now available to purchase via iPayimpact. Please purchase your tickets by **Friday 9th June 2023**.

<https://www.rosedalecollege.uk/latest-news/year-11-prom-tickets-now-available>



## Water Bottles

Research has shown how being well hydrated can enhance a student's performance in the classroom and improve their general wellbeing. During periods of warm weather, it is particularly important to ensure that students stay well hydrated when taking part in physical activities in lessons such as Performing Arts and Physical Education as well as during break time activities. Whilst students have access to water during the day, we would advise that all students bring a bottle of water to college that can be refilled throughout the day.

 <div>JUNE 2023</div>	
MAY	
1st June - 30th June	Pride Month
27th June	Year 8 London Zoo Trip (AELH)
28th June	EID
29th June	Year 8 London Zoo Trip (MPST)
29th June	Year 13 Fuller Brewery Tour
27th June	Year 8 ZSL Trip (Guided Tour Workshop)

	Week Commencing: <i>Monday 26th June</i>
	<b>MENU 4</b>

MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Chicken with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Chicken with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Chicken with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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		