

## World Mental Health Day

To mark World Mental Health Day on Tuesday 10th October, Rosedale College welcomed Theatre for Life - a Theatre in Education Company from Southampton who brought to our stage the production of *Silent Mind*, which explores Mental Health issues and gives ideas for coping strategies.

Watching the play was a positive and inclusive experience for our young people, as an interactive piece of theatre it actively involved students in wellbeing and mindfulness techniques to help promote personal growth and wellbeing.

This is an authentic piece of theatre based on real life experiences of mental health, carefully communicating various issues impacting young people today. The audiences actively participate in therapeutic drama based activities within the play and workshop to personal growth and wellbeing.

Also, a week of assemblies were held on Mental Health Matters. Students were informed about how to seek help if needed and were reminded of the counselling and mentoring services they can access at here at college, as well as the lunchtime talking therapy we provide.

At Rosedale we care about Mental Health Wellbeing for all students and staff.








stronger together



The Hillingdon Hospitals  
NHS Foundation Trust



MyHealth  
My self, My life

# Childhood Asthma

## FREE Online Workshops

SCAN ME





**CONTACT THE TEAM FOR MORE INFORMATION**

 01895 543 437

 [nhsnwl.myhealth@nhs.net](mailto:nhsnwl.myhealth@nhs.net)


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

## Half Term

Please note that from 23rd October to 27th October 2023, the College will be closed for the half term holiday. If your child has been invited to attend any booster lessons during this week, the details will be communicated to you in a separate letter. College finishes for all students at the normal time on 20th October and commences again at normal time on 30th October 2023.

 <div style="text-align: center; font-size: 2em; font-weight: bold;">OCTOBER 2023</div>	
OCTOBER	
17th October	Science Trip Bay Lab Year 9
19th October	Post 16 Trip to University Search Fair
19th October	Year 7 Tea Party
20th October	Science Trip Bay Lab Year 9
23rd-27th Oct	Half Term

## Year 7 Tea Party - Thursday 19th October

Please note that we will be holding a social event for all Year 7 Parents, Guardians and Carers. This is so Parents, Guardians and Carers can meet their children's friends and their Parents, Guardians and Carers. It is also a good opportunity for parents to catch up with teachers and to feel more part of the College community.

Parents, Guardians and Carers you should of received an e-mail invitation for the event. Please check your junk and/or spam folders, as sometimes, e-mails from Rosedale College go to these folders and are not seen.

Parents must scan the QR code on the invite in order to register their attendance and to submit their dietary/allergy requirements.

If you have not received the email please contact reception.

	Week Commencing: <i>Monday 16th October</i>
	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
<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>		