



WEMBLEY TOUR

50 students had the amazing opportunity to tour Wembley Stadium and engage in 'Who is the fittest?' workshop.

The students had a great day getting to see behind the scenes of Wembley, experiencing what many of their favourite players do on a match day. Students were able to see the players shirts, walk down the tunnel and sit in the Royal seating area.

Students looked at the different fitness test which put them through their paces.

Each student represented the College in an exemplary way.

Congratulations to Christopher D who won the 'Who is the fittest?' competition!



GREASE - 5th, 6th, 7th December

Come and join us at Rosedale College for GREASE our students have been working hard and put together a wonderful show for you all to see, Tickets NOW available on Ipayimpact.

Grease
YOUNG@PART

THE ROSEDALE HEWENS ACADEMY TRUST

TUE 5 DECEMBER 7PM

THU 7 DECEMBER 7PM

WED 6 DECEMBER 7PM

WE GO TOGETHER
GREASE
19 young@part 59

ROSEDALE COLLEGE HALL

Ticket
£5 Students/Children
£7 Adults

Flu Vaccine - Thursday 7th December

On 7th December the NHS Immunisation Team will carry out the Nasal Flu Immunisation to our students in Years 7, 8, 9, 10 and 11. Consent forms and further information with regard to this will be emailed. Please completed consent forms on-line by following the link on the letter The immunisations will only be carried out on students who have parental consent. For more information regarding the flu vaccine click link below:

<https://trhat.co.uk/flu-vaccination/>
<https://trhat.co.uk/flu-vaccination-letter/>



Volunteer Needed

We are looking for a volunteer to help in the food tech department on a Tuesday and Thursday from 9am till 1:30pm, you will need to have a CRB, we require help with food preparation, laying out the work stations before the lesson and helping with laundry.

Parent Governor at Rosedale College

The Academy Board is the regulatory authority of The Trust and as such is responsible for setting the strategic direction, at a corporate level, across the group of schools within The Trust. Each school has a Local Advisory Board (LAB) which is responsible for advising and assisting the leadership of the School with the standards of high quality teaching; reviewing and reporting on the curriculum offered with reference to national and local requirements; monitoring and reviewing the progress of students in terms of academic achievements, attendance, punctuality and behaviour benchmarked against national and local performance; actively promoting the work of each school within the community; responding to external feedback from national and local bodies to continuously improve the offering of the School and wider Academy Trust.

The LAB consists of community (co-opted) members, parents, guardians, carers and staff. The skills set, expertise and commitment of each individual are fundamental, as the LAB is critical to the work of our schools and overall governance arrangements of The Trust. The College is eager to appoint two dynamic individuals as Parent Governors to support the College community in serving the entire student body to the best of its ability. If this opportunity interests you, please contact Sue Neave, Admin Officer, by email at trhat@trhat.org or contact the main college reception where a member of staff will advise you of the procedure to follow to apply for the post. Thank you and we look forward to hearing from you!

Student Christmas Lunch - Tuesday 19th Dec

This year the trust are supplying all the students with a FREE Christmas lunch on Tuesday 19th December.

MyHealth
myself, my life

NHS
The Hillingdon Hospitals
and Foundation Trust

Childhood Asthma

FREE Online Workshops

SCAN ME

Scan the QR code for dates and times and to book onto a FREE session!

CONTACT THE TEAM FOR MORE INFORMATION
01895 543 437
nhsnw1.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
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SESSION PRESENTED BY A HILLINGDON ASTHMA NURSE

MAAI

Absence Reporting

In the event of your child being unable to attend college, please contact the College. 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.

Law On Electric Scooters

Hillingdon Council has received numerous reports of electric scooters being used across the borough. As such, the School Travel and Road Safety team has issued guidance for parents, guardians and carers regarding the legality of using electric scooters in the UK.

Electric scooters, segways, hoverboards and a number of other 'powered transporters' are considered to be 'motor vehicles' and are therefore subject to the same legal requirements that apply to cars – tax, insurance and licensing. Such vehicles are illegal to use on the road and in most public spaces unless they conform to the law; they are also prohibited from being used on cycle tracks, cycle lanes, and other spaces dedicated to pedal cycle use only.

Those who do not comply with the relevant Road Traffic Legislation may face potential prosecution and any offence may result in having to pay a fixed penalty fine. As such, the College requests that children do not use any of the modes of transport listed above, particularly as means of commuting to college. For the Parents' Guide to Electric Scooters, please visit: (www.hillingdon.gov.uk/e-scooter).

 <h1 style="text-align: center;">DECEMBER 2023</h1>	
DECEMBER	
5th December	GREASE
6th December	GREASE
7th December	GREASE
7th December	Flu Vaccine (all Year groups)
8th December	YR 9 National Gallery Trip
12th December	YR 8 Pantomime at The Beck Theatre
14th December	YR 12 Trip Royal Holloway University
18th December	YR 12 & 13 Ice Skating London
19th December	YR 11 National Space Centre (Separate Science)

Notification of Change of Student Details

Parents, guardians and carers are reminded of the importance of keeping the College informed of changes to children's details such as changes to mobile telephone numbers, emergency contacts, doctor's surgeries, important medical information etc.

In the event of an of emergency, it is vitally important for us to be able to access up to date, accurate student contact and medical information on our database. Please support us in our duty of care for your child by ensuring that any changes to contact and medical details are communicated to us as they happen.

	Week Commencing: Monday 4th December MENU 4
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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
<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>		