

Contemporary Dance

Year 10 Rosedale College and Hewens College Performing Arts students are currently learning Set-Professional Repertoire for Component 2: Developing Skills and Techniques in Performing Arts. Students have been learning Belgian Choreographer Jeremy Lepine's '5AM', a contemporary dance work created for his company Yetsirah. The piece explores issues of self-awareness and self-image. All students are thoroughly enjoying the lessons.



Your Life, You Choose Workshop - Wednesday 13th October

We will be delivering a workshop named 'Your Life, You Choose', led by the Metropolitan Police, to Year 7 students at Rosedale College on Wednesday 13th October. The main objective of the workshop is to ensure the students fully understand the consequences of getting themselves involved in crime.

Student Photograph Orders

The individual student photograph proofs have been received by the College and have been provided per child to take home last week.

Orders will be limited to online ordering, directly to Fraser Portraits via (https://orderphotos.co.uk/school_downloads), or over the phone at 01202 692433. You will be required to log in with your account details or enter your proof card identification/registration code to be able to make payments.

Orders must be placed by Monday 18th October in order to receive free delivery back to the College. Please note that these will not be delivered until the beginning of November.

Unfortunately, any order received after this date will need to be ordered directly to Fraser Portraits and will incur an additional surcharge of £4.00 per pack. For all orders placed after the deadline date, packs will be sent directly to your home address.


The Vaccination Programme in Schools

As you are aware, the roll out of the coronavirus (COVID-19) vaccination programme has been extended to all 12 to 15 year olds. The vaccination programme will be facilitated with NHS staff attending Rosedale College on Wednesday 3rd and Thursday 4th November to administer the vaccination to each student who has returned their signed consent form. Please visit (<https://www.rosedalecollege.uk/126/coronavirus-advice-and-guidance>) for access to a range of leaflets and Frequently Asked Questions (FAQs) to enable you to make an informed decision about your child's vaccination. Please also read the letter that was distributed in September: (<https://bit.ly/2XJ6QBG>).

Urgent Mental Health Support - 24/7 Crisis Lines

Students, young people and their families can access free help, advice and urgent mental health support from 24/7 crisis telephone lines available in every London borough. Every NHS mental health trust in London has put these in place, so students, young people and their families can get help quickly when they need it. Professionals are also able to access these crisis lines if they are concerned about or would like advice about a student, young person or family. The crisis lines are supported by trained mental health practitioners, who can offer advice and signpost other sources of support as needed.

Please visit the Urgent Mental Health Support section on our college's Mental Health and Wellbeing page via (<https://www.rosedalecollege.uk/204/mental-health-and-wellbeing>) for a brief information pack with details of these crisis lines as well as other support available.

 <h1>OCTOBER TO NOVEMBER 2021</h1>	
OCTOBER	
Wednesday 13th	Your Life, You Choose Workshop for Year 7
Monday 25th to Friday 29th	Term Ends
NOVEMBER	
Wednesday 3rd to Thursday 4th	Covid 19 Vaccination Programme

		Week Commencing: Monday 11th October MENU 3
MONDAY		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	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	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	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		

Walk to School Month

October is International Walk to School Month, helping to embed active travel behaviours within the School community, with an opportunity to be part of a global campaign, encouraging students to walk to school alongside young people in over 40 countries!

Considering the contribution that traffic pollution makes to climate change and the effects it has on wildlife and natural habitats around the world, by walking to school, you can reduce your carbon emissions, supporting natural habitats and animals across the globe.

To keep the momentum going for Walk to School Month, Living Streets has started a new #WALKFORTHEWORLD Social Media Challenge. The prize draw is open to all UK schools and families who have a social media account. Please visit (<https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month>) for details on how to enter.