

## Post 16 Wellbeing Trip

On Monday 18th December 2023, 90 of our current Post 16 students from both Years 12 and 13 engaged in Wellbeing Day, which aimed to both encourage and boost the physical, mental and social health of our cohort of students at the end of their autumn term. This involved the physical activities of indoor ice-skating and bowling at Queen's London Skate, Dine, Bowl.

The morning activities of ice-skating and bowling appeared to be a wholesome experience as it afforded the students with exposure to and experience in alternate forms of physical exercise and leisure activity. All students enthusiastically and proactively took part in both activities despite a majority of the cohort being new and inexperienced.

Alongside promoting physical health, these activities boosted the social health and wellbeing of the cohort working as a bonding experience for familiar and unfamiliar peers and between both Year 12s and Year 13s.





## Volunteer Needed

We are looking for a volunteer to help in the Food Technology Alliance on a Tuesday and Thursday from 9:00am until 1:30pm. You will need to have a DBS (Disclosure and Barring Service) check. We require help with food preparation, laying out the work stations before lessons and helping with laundry. Thank you so much for your support!

## Drop Off and Collection

Please can we remind parents, guardians and carers not to block the pavements or drives of our local residents outside or opposite the College as on occasions, our students and other pedestrians have had to walk on the road as a consequence, which is very dangerous. We appreciate that these are exceptional times in terms of managing access to the schools, however please can we request all parents, guardians and carers to be mindful of others when dropping and collecting children. Thank you.

## 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!

## Chinese New Year

Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. It will take place on 10th February with this year being celebrated as the Year of the Dragon.

## Winter Wellness Directory

H4All is delighted to share their Winter Wellness Directory 2024 you may find it useful in the colder months.


<https://www.rosedalecollege.uk/latest-news/winter-wellness-directory-2024>

## Health Questionnaire

Dear Parents, Guardians and Carers of Year 9 and Year 12 student's, can you please click on the links below and fill in the Health Questionnaire.

<https://trhat.co.uk/year-12-young-person-letter/>

<https://trhat.co.uk/year-9-young-person-letter/>

|  <h1>FEBRUARY</h1> |   |
|---|---|
| FEBRUARY 2024   |   |
| Tuesday 6th   | Safer Internet Day                        |
| Wednesday 7th   | Geography Field Trip to Epping Forest Y11 |
| Monday 11th - Friday 16th   | Half Term                                 |
| Monday 19th   | Term Begins                               |
| Tuesday 27th  | Y8 Options Day and Evening                |

|   |   |
|---|---|
|  | Week Commencing: <i>Monday 5th February</i> |
|   | <b>MENU 3</b>                               |

| 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 |   |                          |