



Brunel University Physiotherapy Trip

Rosedale GCSE Sport students recently enjoyed an educational trip to Brunel University, where they immersed themselves in practical activities and gained valuable insights into the world of physiotherapy.

This experience allowed students to build essential skills and knowledge in a professional setting, bringing their studies to life.

During the visit, students engaged in various hands-on activities designed to deepen their practical understanding of physiotherapy.

Key experiences included:

- **Blood Gas Analysis:** Students learned to measure and interpret blood gas levels, an essential skill for evaluating respiratory health and patient well-being.
- **Reflex Testing:** They practiced reflex testing techniques, a fundamental part of assessing the nervous system's function and integrity.
- **Mobility Assessments:** Students conducted mobility assessments to evaluate joint range of motion and functional capabilities, which are critical for diagnosing physical limitations.
- **Exploring Physiotherapy Equipment:** The students also explored a range of physiotherapy tools and resources, gaining first-hand experience with the equipment they may use in future clinical settings.

Alongside these practical sessions, the students enjoyed a comprehensive tour of Brunel University's campus, giving them a glimpse into university life and the high-quality facilities available to students pursuing careers in physiotherapy and related fields.

The highlight of the visit was an inspiring lecture from a senior physiotherapist, who provided career insights and advice. The speaker shared personal experiences and professional tips, motivating students to pursue their goals in physiotherapy with confidence and determination.

This trip to Brunel University was both educational and inspiring for our Rosedale GCSE Sport students, offering them a unique chance to apply their theoretical knowledge, connect with experienced professionals, and envision their future careers in the field.

We are incredibly proud of our students for their enthusiasm and dedication during this visit. Experiences like this play an instrumental role in shaping their academic and professional journeys, and we look forward to organizing more opportunities to support their growth in the future.



High School Musical Production 2024

Join us for a memorable family experience this December as the The Rosedale Hewens Academy Trust presents High School Musical! Get ready to experience our talented students bring this well known and loved musical to life on stage.

Don't miss out on this fantastic opportunity to support our young performers and enjoy a night filled with music, dance, and fun.

Our students are delighted to be performing on 3 consecutive dates, Tuesday 3rd December, Wednesday 4th December and Thursday 5th December. The shows start at 7pm, and we welcome you to join us for drinks and concessions from 6:30pm.

The show will be located at Rosedale College.

Tickets are now available to purchase via iPayimpact. Grab your tickets now and prepare for a memorable evening!

<https://www.therosedalehewensacademytrust.co.uk/high-school-musical-production>

THE ROSEDALE HEWENS ACADEMY TRUST
 PRODUCTION OF:
 "DON'T MISS OUT ON THE SHOW OF THE YEAR!"
 Disney
HIGH SCHOOL MUSICAL
 7PM
 Visit our websites to purchase your tickets!
ADULTS: £6
CHILDREN: £4
3RD, 4TH & 5TH DECEMBER 2024
@ ROSEDALE COLLEGE
 Book by David Simpatico
 Based on a Disney Channel Original Movie Written by Peter Barsocchini
 Songs by Matthew Gerrard & Robbie Nevil | Ray Cham, Greg Cham & Andrew Seeley | Randy Petersen & Kevin Quinn | Andy Dodd & Adam Watts | Bryan Louiselle | David N. Lawrence & Faye Greenberg | Jamie Houston | Music Adapted, Arranged and Produced by Bryan Louiselle
 This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI | www.mtishows.co.uk
www.therosedalehewensacademytrust.co.uk/highschoolmusicalproduction

Health and Hygiene - Good Practice

During the winter months, colds, flus and other infections and illnesses tend to be more prevalent. Therefore, helping your child to keep a good standard of hygiene by washing their hands regularly, using tissues when sneezing and covering their mouths when coughing helps to prevent the spread of infections and illnesses. If your child has suffered from a vomiting virus, please ensure that they remain absent from college for 48 hours from the last episode of diarrhea or vomiting as advised by Public Health England.

THE ROSEDALE HEWENS ACADEMY TRUST

Help us to reduce our carbon footprint by donating your pre-loved school uniform!

Visit our website for more information

RECYCLE RE-USE

Year 11 Trial Exams

As we approach the period of trial examinations, it is vitally important for students to settle into regular and structured home revision to give them the best possible chance of examination success.

Below are some tips for parents, guardians and carers on how to help your child with home revision:

- Provide them with a comfortable, quiet and well-lit area to work in
- Keep siblings occupied at revision times
- Ensure they are properly hydrated and are eating well
- Ensure they have adequate sleep
- Help them to put a home revision schedule together
- Break revision times into small 15 to 20 minute periods
- Ensure they have the books and equipment they need to properly revise
- Encourage them to adopt revision techniques such as writing
- Brief notes to act as prompts
- Keep positive, create a 'can do' attitude

College Drop off and Collection

Please can we remind parents, guardians and carers not to block the pavements 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.

FLU Vaccination Consent Form

Please find the link below for the E-consent letter for your child's Flu vaccination for this coming winter.

Please note that you can consent for either the Flu nasal spray, OR the non-gelatine IM Flu vaccine.

Please make sure you complete the form online as soon as you can. The portal will close 48 hours ahead of the Flu session.

Year 7 and 8 have had their flu vaccination on the 6th November and Year 9, 10, 11 and post 16 will be on Friday 6th December 2024.

Flu can be very unpleasant for children and can sometimes cause serious problems, such as pneumonia. Children can catch and spread flu easily. Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies and older people.

<https://www.rosedalecollege.uk/latest-news/flu-vaccine-new-consent-form>

Year 7 Only - Nurse Newsletter



Health Questionnaires

Please complete this short questionnaire all about your child's health.

Final Date: Friday 29th November

Please click on the link below

<https://www.oc-meridian.com/cnwl/survey/SchoolHealthServiceParentQuestionnaire>



The Hillingdon School Nursing service supports children & their families, working in partnership with schools or other health agencies for your child to remain as healthy as possible.

Scan the QR code below to see more information on our website!



Wellbeing for life


Attendance

We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of students and their level of attainment. Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of college hours. The expectation of the governing body is that all students will achieve a minimum annual attendance rate of 96%. The only circumstances in which absence from college will be authorized are when your child is too ill to attend or permission for leave of absence, due to exceptional circumstances, has been received from the Principal.



NOVEMBER 2024

NOVEMBER	
18th November	Year 11 Trial Exams Start
28th-29th November	Residential Trip to Paris
27th November	Year 11 Trial Exams Finish
28th November	Year 11 Graduation

	Week Commencing: Monday 18th November 2024
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		