

Post 16 Trip to Royal Holloway University

On Wednesday 26th January, our Year 12 cohort, joined by fifteen Year 13 students, were given the opportunity to attend Royal Holloway University for an Open Day. The aim of the trip was to provide the students with a detailed insight into the university application process, whilst also providing them with a glimpse into student life through a tour of the university campus and philosophy taster session.

The Royal Holloway staff delivered a number of talks to the Post 16 students on topics such as student finance and applying to university. The students were also given the opportunity to ask existing Royal Holloway undergraduate students a question of their choice through a Question and Answer session. These activities were incredibly valuable as they eased the numerous worries previously expressed by the Year 12 students surrounding the university application process, funding, loan repayments and settling in on campus.

Royal Holloway were also kind enough to provide the students with a philosophy taster session. A session which numerous students have declared was their favourite part of the day, due to the fascinating subject matter and the experience they gained from taking part in a university lecture.

Overall, the day was a success, with a number of students stating that the visit to Royal Holloway allowed them to see university as their future goal, having previously been hesitant on the idea before.



Children's Mental Health Week

The week commencing Monday 7th February will be observed as Children's Mental Health Week under the theme 'Growing Together'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how they have grown and how they can help others grow.

Challenges and setbacks help us adapt and trying new things can also take us beyond our comfort zone into a new realm of possibility and potential. However, this is often a gradual process that happens over time and sometimes we might feel 'stuck'. Please take a look at the useful information and support links provided on the College's Mental Health and Well-Being page to support you or someone you care about via (<https://www.rosedalecollege.uk/page/?title=Mental+Health+and+Wellbeing&pid=45>).

National Apprenticeship Week



This year, National Apprenticeship Week will be the 15th annual week-long celebration of apprenticeships, and will take place between Monday 7th and Sunday 13th February. The week brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships have on individuals, businesses and the wider economy. The theme of 'Build the Future' continues for its second year, reflecting on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

The National Apprenticeship Show highlights apprenticeship opportunities and offers information from the UK's top employers and training providers. Please visit (<https://bit.ly/3Aus1Xn>) to register for the event which will go live on Wednesday 9th February between 11:00am and 6:00pm, enabling you to chat with exhibitors, watch online video content and download useful online resources. Alternatively, transform your world and seize the opportunity to take part in various events via (<https://www.nationalapprenticeshipweek.co.uk/events/>).

Safer Internet Day

Safer Internet Day will be celebrated globally on Tuesday 8th February, promoting a safer and a more responsible use of digital technology for young people across the world.

The internet is a powerful tool with enormous opportunities for learning, enhancing skills and acquiring new abilities and knowledge. The goal of Safer Internet Day is to raise awareness on online dangers but also to provide protection and empowerment to young people online, and to inspire a national conversation about using technology responsibly, respectfully, critically and creatively.

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces available to them. This year's theme 'All Fun and Games?' will explore respect and relationships online, celebrating the crucial role of young people in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. For more information, please visit (<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022>).



Year 11 Information Technology Examinations - Thursday 10th February

Please be informed that all students who are studying on the BTEC Technical Awards Course in Information Technology (IT), have their formal external IT examination on Thursday 10th February at 8:45am. This is a formal examination, not a trial, and does count towards the student's final grade.

It is important that your child is revising thoroughly for this examination now. They have been provided with a number of resources to aid them. These resources are available through Teams and all students have been provided with their own login codes to access them.

We thank you for your support in ensuring your child is preparing thoroughly for this examination.

International Day of Women and Girls in Science

Friday 11th February marks the International Day of Women and Girls in Science. The day recognises the critical role women and girls play in Science and Technology and focuses on the reality that Science and gender equality are both vital for the development and achievement of ground-breaking research.

This day is an opportunity to demolish stereotypes, defy gender biases and defeat discrimination that hold women and girls back in Science, Technology, Engineering and Mathematics (STEM) fields.

It is a day to promote full and equal access to and participation in Science for women and girls, and further achieve gender equality and the empowerment of women.



LAUNCH OF NEW WEBSITE

Please note, we have launched a new website and restructured the site to improve accessibility to our content. Although it may look slightly different, you will still be able to navigate the pages and find all the relevant information found on our previous website, and more. In the meantime, please feel free to browse through our social media channels that can be accessed directly at the top of the page. There will be more information to follow in the forthcoming weeks.

Year 8 Options Day and Evening

This year, The Rosedale Hewens Academy Trust is excited to announce its Year 8 Options Day and Evening on Tuesday 22nd February, held to support students in choosing their Key Stage 4 options. The day programme will provide Key Stage 3 students with the opportunity to receive specialist advice, guidance and information about how to choose their options. To support this process, a range of activities will take place during the day when the College is in session, including a visit by representatives of the Education Development Trust.


An information evening will be held thereon, from 5:30pm onwards for Key Stage 3 students and their parents, guardians and carers. This will include a formal talk which will provide you with a clear insight as to how Key Stage 4 study is organised and structured, the opportunity to speak to staff about the range of courses available as well as the process of choosing options, and finally, subject area displays providing all the relevant information needed for each student to make an informed decision about their future. Accordingly, **students of the EALH Alliance and their families are asked to arrive promptly at 5:30pm** to gather information and discuss options with staff, prior to the formal talk at 6:00pm. **Students of the MSPT Alliance and their families are invited to attend from 6:30pm** to view displays and speak with subject teachers, before the talk which begins at 7:00pm.

In order to facilitate the organisation of the evening, all Key Stage 3 students will be dismissed from college at 2:30pm on this day. All other students will finish at the normal time of 4:00pm.

Letters detailing arrangements for this event will be sent to parents, guardians and carers in due course. In the meantime, if you have any questions about this event, please speak to your child's Form Tutor. For additional guidance and support, a dedicated Year 8 Options page will be live on the College website following the event.

Apprenticeship Opportunities

There are several opportunities that are now available to our students in terms of apprenticeships. Please visit (<https://www.rosedalecollege.uk/attachments/download.asp?file=336&type=pdf>) to read a letter from Alex Burghart, Minister for Skills, for more information.

 <h2>FEBRUARY 2022</h2>		
FEBRUARY		
Monday 7th to Sunday 13th		Children's Mental Health Week National Apprenticeship Week
Tuesday 8th		Safer Internet Day
Thursday 10th	8:45am	Year 11 Information Technology Examination
Friday 11th		International Day of Women and Girls in Science
Monday 14th to Friday 18th		Half Term
Tuesday 22nd	5:30pm	Year 8 Options Day and Evening for Forms 8A, 8E, 8L and 8H
Tuesday 22nd	6:30pm	Year 8 Options Day and Evening for Forms 8M, 8P, 8S and 8T

	Week Commencing: <i>Monday 7th February</i>	
	MENU 1	
MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Fresh Fruit Salad	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>		

Health Questionnaires - Year 7

The Hillingdon School Nursing Team aims to support the health and well-being of children in Hillingdon, and to ensure that the College community remains healthy, receiving the right support when needed.

Parents, guardians and carers of children in Year 7 are asked to complete a brief questionnaire to review their child's health. The questionnaire provides an opportunity to identify any new or on-going health needs your child may have and require additional support with, and enable individual follow-up actions which may be required to support you in ensuring your child remains as healthy as possible. Please complete the questionnaire by **Friday 11th February** via (<https://bit.ly/3ATXuav>). For more information, please read the letter from The Hillingdon School Nursing Team at (<https://bit.ly/3HoRuEc>).