



## Jack Petchey Speak Out Challenge Workshop

Earlier this term, sixty students from Year 10 at Rosedale College took part in a series of workshops for the annual Jack Petchey Speak Out Challenge, an inspiring competition designed to help young people develop confidence, communication, and public speaking skills.

The workshops, run by trained speakers from the Jack Petchey Foundation and Rosedale English teachers, gave Year 10s a unique opportunity to discover the power of their voices and express their ideas on issues that matter to them.

In both workshops, students learned how to structure engaging speeches, use body language effectively, and speak with clarity and confidence. The workshops encouraged everyone to step out of their comfort zones, with each student delivering a short speech to their classmates by the end of the session. Topics ranged from mental health and equality to technology and personal growth, showcasing the creativity and passion of Rosedale's young speakers.

Staff from the Jack Petchey Foundation were highly impressed by the enthusiasm and courage shown by all participants, particularly those who had never spoken in front of an audience before.

The standard of speeches was incredibly high. However, several students in particular stood out and were highly commended by the Jack Petchey staff. These four Year 10s will now be coached by Rosedale College teachers so that one can be selected to compete in the next round of the Jack Petchey Speak Out Challenge, representing Rosedale College in the regional finals at Douay Martyrs School in December 2025.

The workshops were a rewarding and empowering experience that left Year 10 students more confident, articulate, and ready to speak out about the issues they care about most. We can't wait to repeat them with the current Year 9s in Autumn 2026.



## Councillor Steve Tuckwell Visit

On Thursday 2nd October 2025, Rosedale College had the distinct privilege to welcome Councillor Steve Tuckwell (Former MP of Uxbridge, Cllr Ruislip) to share with our Citizenship Studies students of KS3 and KS4 (Year 9 and Year 11 respectively). During the visit, students had the unique opportunity to learn first-hand about the workings of government and the importance of civic engagement.

Spearheaded by Ms. N. Lecky, the Citizenship students were immersed in two engaging sessions where Cllr Tuckwell shared insights into the legislative process and the role of Parliament.

Students asked thoughtful questions about current issues, representation, and how young people can get involved in shaping their communities, and how citizens can hold their elected officials accountable.

This visit was part of the Humanities Alliance's ongoing commitment to civic education and empowering students to become informed, active citizens, whilst engaging the students holistically by bringing theory to life.

We thank Cllr. Tuckwell immensely for taking the time to inspire our future leaders!



## Post 16 Travel & Tourism Visit

Post 16 Travel and Tourism visit to Four Seasons, Park Lane. Our Year 12 and 13 Travel and Tourism students enjoyed an inspiring visit to the prestigious Four Seasons Hotel, Park Lane. They learnt about the culture and expectations of staff within a world-class luxury hotel and met with teams from IT, marketing, sales, PR, purchasing, kitchen, security and HR.

Students impressed Four Seasons staff with their cross curricular knowledge of business and IT as it relates to the Travel and Tourism industry.

They were also praised for their excellent behaviour, intelligence, and professional ethics by the management team.



## Flu Vaccinations

On 6th November the NHS Immunisation Team will carry out the Flu Vaccinations on our age-appropriate students. The vaccinations will only take place for students who have consent from parents. If you would like your child to receive the vaccination, please click on the link:

<https://nwl.schoolvaccination.uk/flu/2025/hillingdon>

If you have any questions or concerns, please do not hesitate to contact the College reception. Thank you.



## SHOULD MY CHILD HAVE THE NASAL FLU SPRAY?

2024/2025

Influenza (or flu) is a common and highly infectious disease caused by different strains of the influenza virus.

Each year vaccines are updated so that they protect against the commonest strains of flu, **saving thousands of lives.**

A flu vaccine can reduce the risk of your child getting sick by **30-60%**, and prevent children being admitted to hospital because of flu.

It will also reduce the chance of vulnerable people, such as grandparents or those with long term health conditions, getting flu from your child.

### THERE ARE TWO TYPES OF VACCINES IN THE UK THAT PROTECT AGAINST FLU

**1. NASAL SPRAY VACCINE**



This will be offered to children aged 2-3 years\*, most school aged children, and to children of any age with certain long-term health conditions. It is easy and quick to give to children.

The nasal spray vaccine **contains porcine (pork) gelatine.**

**2. INJECTABLE VACCINES**



All adults are offered this type of vaccine. Some children who cannot have the nasal spray because it is medically unsuitable will be offered this vaccine.

The injectable vaccines **do not contain porcine derived products.**





**Children, pregnant women, and any adults with low immunity or certain health conditions (such as diabetes, heart or lung problems) are at higher risk from getting very sick with flu**

Please do not delay a decision to vaccinate.



It is acknowledged by the NHS and public health that groups within British Muslim communities consider any porcine-containing products to be forbidden.

Children whose parents refuse the nasal spray vaccine due to the porcine gelatine content **can request the injectable vaccine as an alternative.** This injection, which is also for adults and elderly, has no porcine gelatine.

Speak to a trusted religious scholar about taking the nasal spray for your child if you have concerns about it's porcine gelatine content.

#OperationVaccination

\* on 31 August before flu vaccinations start in the autumn

f @BritishIMA
l @british.ima

## Contact Us

To keep up-to-date with College, please visit our website <https://www.rosedalecollege.uk/> For any other communications please visit our social media or contact us via email or telephone.

Instagram: @rosedalecollege  
 Twitter: @RosedaleCollege  
 Email: [rosedalecollege@trhat.org](mailto:rosedalecollege@trhat.org)  
 Tel: 020 8573 2097



## OCTOBER 2025

OCTOBER	
14th October	SEGRO Workshop - Year 12
15th October	UK University Fair - Year 12
22nd October	Thorpe Park Trip - Year 9
23rd October	Thorpe Park Trip - Year 10
23rd October	Hampton Court Palace Trip - Year 8
24th October	Year 12 Trip to Royal Holloway University
27th - 31st Oct	Half Term
3rd November	Start of Term

	<p><b>Week Commencing: Monday 13th October 2025</b></p> <p><b>MENU 3</b></p>
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MONDAY		
Meal Choice 1	Chicken Burger and Chips	Halal
Meal Choice 3	Chicken Burger and Chips	Non Halal
Meal Choice 5	Vegi Burger and Chips	Vegetarian
Vegetables	Carrots and Green Cabbage	
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Pizza	Halal
Meal Choice 2	Mac & Cheese	Halal
Meal Choice 3	Pizza, Mac & Cheese	Non Halal
Meal Choice 4	Jacket Potato, Various Fillings	Vegetarian
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken Wings and Chips	Halal
Meal Choice 2	Chicken Wings and Chips	Non Halal
Meal Choice 4	Jacket Potato, Various Fillings	Vegetarian
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
<p><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></p>		