

World Mental Health Day

Rosedale College Celebrates World Mental Health Day with a Splash of Yellow and Fun Activities.

Students and staff at Rosedale College filled the campus with a vibrant sea of yellow in celebration of World Mental Health Day, with events designed to raise awareness and promote open conversations about mental well-being. The day featured a "wear yellow" dress-up, a creative photo prop competition, and a thrilling treasure hunt, all aimed at highlighting the importance of mental health in a positive and engaging way.

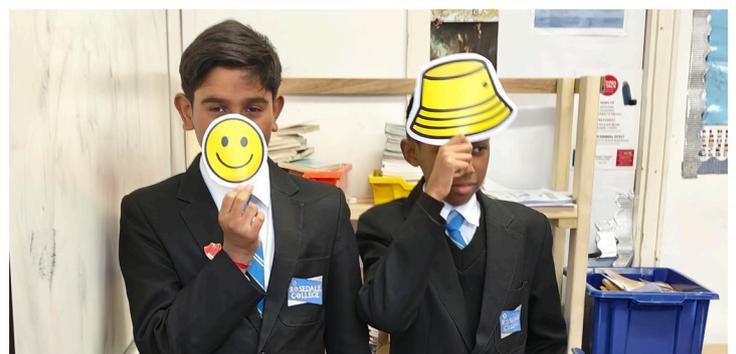
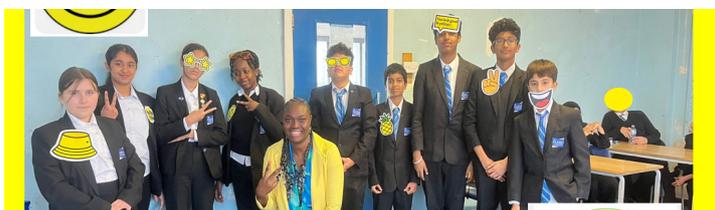
The "Hello Yellow" initiative, a popular campaign by the charity YoungMinds, formed the cornerstone of the day's events, with the colour yellow symbolizing hope and happiness and reminding students that they are not alone.

Our PSHE Lead Mrs Woods commented that "The energy and participation from our students today has been incredible. By making a visual statement with the colour yellow, we are collectively showing that it's okay to talk about mental health. Our activities today were about fostering a supportive community spirit and showing our students that their mental health is valued."

Key highlights of the day include:

- **Wearing Yellow:** The campus was a bright spectacle of yellow clothing and accessories as students and staff wore their brightest attire to show solidarity for the cause.
- **Photo Prop Competition:** Students flexed their creativity in a competition to design and create the most imaginative photo props with a mental health theme. Brilliant entries were sent with Form 8A narrowly beating 8S in their creativity and participation.
- **Treasure Hunt:** A fun-filled treasure hunt guided students around the campus, with clues based on mental health facts and well-being tips. The activity was designed to encourage teamwork and get students moving and engaging with one another. Lots of entries for this fun competition with Form 7P being crowned the overall champions

Rosedale College believes that promoting mental well-being is a core part of its educational mission. Today's event was one of many initiatives planned throughout the year to ensure a supportive and caring environment for all.



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.**



Vaccination is a strong defence against a virus which causes severe illness and deaths every year



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 f t v @BritishIMA @british.ima

* on 31 August before flu vaccinations start in the autumn

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

X: @RosedaleCollege

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Tel: 020 8573 2097



OCTOBER 2025

OCTOBER

20th October	Diwali
21st October	Centre of the Cell Trip
22nd October	Year 11 Options Day
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



Week Commencing: *Monday 20th October*

MENU 4

MONDAY

Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts

TUESDAY

Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts

WEDNESDAY

Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Chicken with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Chicken with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Chicken with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts

THURSDAY

Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts

FRIDAY

Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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