



Year 8 Options Day Success

On Tuesday 22nd February, The Rosedale Hewens Academy Trust held its annual Year 8 Options Day and Evening.

As Year 8 students complete Key Stage 3 and prepare to make decisions about their Key Stage 4 education, Rosedale College established a programme to help students look closer at possible courses and pathways they may wish to follow.

The day kicked off at form time with some team building exercises, and a series of special assemblies to help students consider suitable option choices.

The rest of the day, students capitalised on sessions about jobs and industry sectors, how to choose options, and visits by representatives of the Education Development Trust. They had the opportunity to ask questions so they could be well equipped to make the right choices for themselves.

Students also had the chance to visit De Salis Studio College and Parkside Studio College, so they could explore the courses that were available to them at our sister colleges within the Trust.

The day concluded with an information evening for parents, guardians and carers which was very well attended. Families were informed of the range of courses that were available across the Trust, how students could apply for the courses they were mostly interested in, as well as the different paths that their child could follow. They were also encouraged to talk to subject teachers who were on hand with various details about the curriculum and courses on offer.

All students left with a prospectus, which included all the details collated from the day, so they could peruse the information again before decisions were made. The day and evening were a great success, and students appeared encouraged and excited about the futures ahead of them.



Post 16 Trial Examinations - Monday 7th March

The second set of trial examinations will take place for all Post 16 students from Monday 7th to Friday 11th March. 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.

Trial Examinations - Supporting Your Child

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

The Vaccination Programme - Thursday 17th March

As you are aware, the roll out of the coronavirus (COVID-19) vaccination programme has been extended to all 12 to 15 year olds. The second vaccination programme will be facilitated at college on Thursday 17th March with NHS staff attending to administer the vaccination to each student who has returned their signed consent form.

Please visit (<https://trhat.co.uk/vaccination22-rc/>) for access to a range of leaflets and Frequently Asked Questions (FAQs) to enable you to make an informed decision about your child's vaccination.

If you would like your child to receive the first or second dose of the vaccine, but are yet to complete the consent form, please contact Rosedale College reception.

 <h3>MARCH TO APRIL 2022</h3>	
MARCH	
Monday 7th to Friday 11th	Post 16 Trial Examinations
Thursday 17th	Covid Vaccination Programme
APRIL	
Friday 1st	Term Ends
Tuesday 19th	Academic Tutoring - Key Stage 3 and Post 16
Wednesday 20th	Academic Tutoring - Key Stage 4
Thursday 21st	Summer Term Begins

	Week Commencing: Monday 7th March	
	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
<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>		

Slimming World

Slimming World is a weight loss programme designed to encourage people to adopt healthy habits around food and activity, and commit to a healthier way of life. They have joined forces with Public Health England (PHE) and are part of the government's Better Health Campaign, offering a food optimising plan with a healthy and flexible approach as well as empowering 'slimmers' to make changes for life.

The programme is designed for mums-to-be and new mums, young people aged between 11 to 17, and members who have diabetes. The groups will take place at Hewens College every Monday at 5:30pm or 7:30pm and Saturday at 9:30am, and are run by consultants who are trained in nutrition and behaviour-change techniques at the Slimming World Academy. Please visit (<https://www.hewenscollege.co.uk/page/?title=Slimming+World&pid=72>) to start your slimming journey now.