

Rosedale College Pentathlon Champions

On Thursday 8th October, six students proudly represented Rosedale College at the Hillingdon Borough Pentathlon Event, held at Ruislip High School. The competition provided students with Special Educational Needs (SEN) the opportunity to participate in competitive sport, develop their skills and represent their school.

Our team competed against seven other schools across eight exciting challenges, including basketball shooting, floor hockey, bean bag toss, pinball bowling and ball darts. Throughout the event, our students demonstrated outstanding teamwork, determination and sportsmanship.

We are delighted to announce that Rosedale College were crowned overall champions! Each student received a gold medal and a certificate of participation, and the team proudly took home the championship trophy.

A huge congratulations. Their excellent behaviour, positive attitudes and support for one another made us incredibly proud.

Well done to our Pentathlon champions for this fantastic achievement and for representing Rosedale College so brilliantly!



A Sweet Adventure at Cadbury World

On Tuesday 29th September, KS3 students from Spectrum, members of the Science Club, and a selected group of students, embarked on a delicious and exciting educational trip to Cadbury World in Birmingham.

The journey began in style, as students travelled by minibus to Birmingham. Excitement filled the air as everyone looked forward to discovering the world of chocolate and finding out more about one of the UK's most famous chocolate brands.

Once at Cadbury World, the students began a self-guided tour that took them on a fascinating journey through the history of Cadbury. They discovered how the company began, the challenges and obstacles it faced along the way, and the triumphs that helped establish Cadbury as a household name. The students were able to see how innovation, determination and creativity played an important role in the company's success.

Of course, no trip to Cadbury World would be complete without making some chocolate! During the tour, students had the opportunity to create their own chocolate combinations. They carefully selected their favourite ingredients and, once their creations were ready, wasted no time in devouring them!

The excitement continued with a visit to the 4D cinema. Students were transported onto a thrilling and rather scary roller-coaster adventure, complete with the sights, sounds and sensations of a real ride. For many students, this was undoubtedly the highlight of the day, with most identifying the 4D cinema as their favourite part of the entire experience.

The tour then took students on a boat ride, where they were challenged to collect the ingredients needed to make milk chocolate. This provided a fun and interactive way for students to learn more about where the ingredients in their favourite chocolate come from and how they are brought together to create the finished product.



The educational experience continued with an informative talk about the different opportunities available at Cadbury. Students learnt about the wide range of careers within the company and how Cadbury continues to position itself within the global chocolate industry. The session encouraged students to think about the many different career pathways that exist within a large and successful organisation.

And, of course, there was still one very important stop to make — the Cadbury World chocolate shop! Students were dazzled by the huge selection of chocolate treats on offer and had the opportunity to purchase some of their favourites. It was certainly difficult to resist!

As if the day had not already been sweet enough, every student received three chocolate bars before leaving Cadbury World — the perfect way to end the visit.

Although the students were reluctant to leave and wished the day could continue, they had enjoyed a fun-filled and memorable experience. The trip combined education, careers, history, science and, of course, plenty of chocolate. It was a fantastic opportunity for students to learn outside the classroom while creating memories that they are sure to treasure.

One thing is certain: the trip to Cadbury World was a sweet success!



Mental Health Day at Rosedale College

World Mental Health Day was celebrated across the college in a sea of yellow as students and staff came together to promote positive wellbeing and meaningful conversations.

This year's theme, "Every Conversation Matters," encouraged everyone to recognise the importance of checking in with one another and creating opportunities to talk openly about mental health. Throughout the day, students took part in a range of activities designed to raise awareness, start conversations and promote wellbeing.

Our Year 7 students enjoyed a treasure hunt around the college, following clues to find members of staff and uncover hidden treasures. Year 8 students demonstrated their creativity by taking part in a yellow-themed photography competition, while Years 9 and 10 completed mental health and wellbeing word searches, exploring key vocabulary linked to positive mental health. Year 11 students put their language skills to the test with a French-themed yellow puzzle challenge.

A particular highlight of the day was the contribution of our Post 16 students, who planned and delivered an inspiring assembly focused on mental health and wellbeing. They spoke confidently about the importance of looking after ourselves and others, encouraging students to seek support whenever they need it.

Mental health tips were shared throughout the day, reminding everyone of the small but important steps we can take to support our wellbeing, such as staying connected, being active, talking about our feelings and making time for the things we enjoy.

The wonderful display of yellow across the school created a positive and uplifting atmosphere, and it was fantastic to see so many students and staff getting involved. While World Mental Health Day may only last one day, we hope the conversations it inspired will continue throughout the year, helping to ensure that everyone feels listened to, supported and valued.



October 2026

OCTOBER

12th - 16th October	YR11 Options Assemblies for Post 16
14th October	Y12 Trip to UK University & Apprenticeship Trip
19th October	Y11 Geography Field Studies Trip to Epping Forest
26th - 30th October	Half term



Week Commencing: Monday 12th October

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