

Jack Petchey Speak Out Challenge

Students in Year 10 were pleased to take part in the Jack Petchey Speak Out Challenge. The sessions are led by a Speakers Trust trainer and help to develop communication skills, allowing students to exceed their expectations. By the end of the session, students had written a speech from scratch which they read to the class. Students spoke on multiple topics from mental health and anxiety, to healthy eating and the social standards of today. We are very proud of our Year 10 cohort and look forward to the next stage of the Jack Petchey Speak Out Challenge.



Anti-Bullying Week

Anti-Bullying Week will take place from Monday 15th to Friday 19th November under the theme One Kind Word. In a world that can sometimes feel like it is filled with negativity, one kind word can provide a moment of hope; it can be a turning point in someone's life; it can break the cycle of bullying. It is now more important than ever to practise kindness. After months of isolation, little acts of consideration can break down barriers and brighten the lives of people around us. It starts with one kind word. It starts today.

Children in Need

Children in Need will return this year on Friday 19th November for a night of fundraising with the aim to ensure every child in the UK is safe, happy, secure and has the opportunities they need to reach their potential. The money raised will support local charities and projects which are providing essential frontline help to children and young people in communities throughout the UK, and improve the lives of disadvantaged children so that they can thrive.

Post 16 Open Evening – Monday 22nd November

The Rosedale Hewens Academy Trust is excited to announce its Post 16 Open Evening, held to support all local young people in choosing the best possible pathway for success, as they work towards graduating from their secondary education. The evening will aim to guide parents, guardians, carers and prospective students through The Trust's Post 16 offer, where they will be taken on a journey through the four colleges within The Trust and guided through the different curriculum areas, demonstrating what Post 16 teaching and learning looks like, as it is a step up from GCSE. From the wide variety of subject areas on offer, students and their families will be able to gauge the examination boards used, the modules covered in both Year 12 and 13, and will receive a comprehensive overview of what the course demands from its students.

The event promises to be informative and enlightening for all. From the career-focused courses offered at The Trust to our extensive enrichment opportunities, students and their families are invited to join us on **Monday 22nd November at 6:00pm** to find out just what makes Post 16 at The Rosedale Hewens Academy Trust an offer that cannot be missed!

In order to keep the crowds to a minimum, we would appreciate if we could limit the guests to one adult per prospective student. In the meantime, please feel free to explore our Post 16 provision at (<https://trhat.co.uk/explore-post16/>).


The Vaccination Programme and Testing

The Secretary of State for Education, Nadhim Zahawi, has written an open letter to parents, guardians and carers about the importance of students aged 12 to 15 getting their coronavirus vaccination and how this has been made easier. The letter provides information into the new option for students now being able to book their vaccinations locally at a centre using the NHS book a vaccination service, as well as the option to have it at college. To read this letter, please visit (<https://bit.ly/3nMCAio>).

	Week Commencing: <i>Monday 15th November</i>	
	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	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Brownie Tray Bake</i>	<i>Fresh Fruit and Yoghurts</i>
<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>		

Quote of the Week

"We do not know what tomorrow will bring. It is a brand new adventure where anything can happen. If today is not working for you then look ahead and try to see all the great possibilities that can happen." - Dr Anil Kr Sinha

		
NOVEMBER		
Tuesday 16th	4:00 to 5:00pm	After College Clubs
Monday 22nd	6:00pm	Post 16 Open Evening