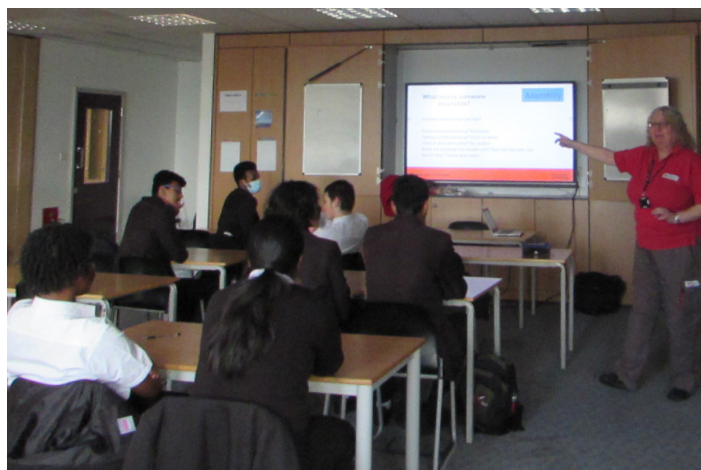


## The British Red Cross

On Monday 30th October, students in Year 11 took part in a workshop 'coping with challenges' hosted by the British Red Cross. Students learnt about the four basic pillars to building resilience, adaptability, stability, connections and resourcefulness. Students were asked to give real life examples which were relevant to each category. Students had the opportunity to work in teams on a group activity whereby they had to build a bridge spanning across two tables that could hold a certain weight, using only paper, scissors and tape.



During the time allocated, the rules were changed multiple times, for example students could only use their left hand, or the scissors were taken away. The aim was to see how well they adapted to changes/challenges they now face. Students thoroughly enjoyed the workshop and worked well together.



## Post 16 Open Evening

The Rosedale Hewens Academy Trust will be holding its Post 16 Open Evening on Tuesday 7th November from 5:30pm to 7:30pm. Students and their families are invited to attend the evening to find out what opportunities are available for them in the next step of their secondary education.

## Year 11 Trial Examinations

Trial examinations for all Year 11 students will take place from Monday 27th November to Friday 1st December 2023. All examinations will take place in PSC3. It is of vital importance that students arrive at college for 8:45am each day, in full college uniform and with the correct equipment.

For Science and Mathematics examinations, they must have a calculator, ruler, pencil and a geometry set. Students must also bring a black biro to each examination. Mobile telephones and other electronic devices are NOT PERMITTED to be taken into the Examination room. Therefore, it is requested that students who need to have any such devices with them hand them to the member of staff invigilating at the start of each examination.

In the event of illness or an emergency situation that prevents your child attending one or more of the examinations or if they are going to be late, please make contact with the College as soon as possible so that appropriate advice can be given and arrangements put in place.

Students will not have study leave during this time, so are expected to attend normal lessons when not in an examination.

## 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.

## Quote of the Week

'If we are always arriving, it is also true that we are eternally anchored. One's destination is never a place but rather a new way of looking at things'

Henry Miller

	<b>Week Commencing: <i>Monday 6th November</i></b>	
<b>MENU 2</b>		
<b>MONDAY</b>		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	<i>Strawberry Mousse with Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
<b>TUESDAY</b>		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	<i>Chocolate Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
<b>WEDNESDAY</b>		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Guorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	<i>Fruit Tarts</i>	<i>Fresh Fruit and Yoghurts</i>
<b>THURSDAY</b>		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	<i>Vanilla Cheesecake</i>	<i>Fresh Fruit and Yoghurts</i>
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	<i>Apple Pie</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>		

		November to December 2023	
NOVEMBER			
Tuesday 7th		Post 16 Open Evening	
Monday 27th to Friday 1st December		Year 11 Trial Examinations	
DECEMBER			
Thursday 21st		End of Term	
Friday 22nd to Friday 5th January		Christmas Holiday	