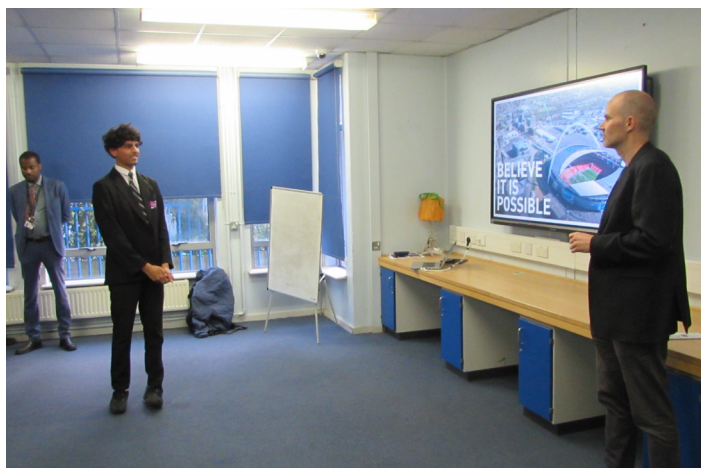


Dan Connelly Careers Presentation



On Friday 3rd November, students in Years 10 and 11 were privileged to take part in a presentation delivered by Dan Conolly, a Sports Marketing Executive who has been in his field for over 20 years.



The theme of the session was 'turn your passion into a career'. Dan's message to the students was grounded on six fundamental principles, namely, nurturing your passion, using your passion to motivate you, being inspired by role models, staying ahead of trends, packaging yourself, and seeking opportunities. Students found the session extremely useful and the words shared will forever be edged in their memories.



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.

Appropriate Footwear

Students wearing appropriate footwear in college is essential, not only to comply with our published expectations in terms of uniform, but also to avoid inappropriate footwear such as boots and open toe sandals in college. Obviously, if the weather is inclement, it is sensible for students to wear boots to and from college. However, they must change into black shoes on arrival. The Rosedale Hewens Academy Trust cannot accept any liability in circumstances where issues emerge due to inappropriate footwear. Your support in this matter is appreciated.

	Week Commencing: Monday 13th November	
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
<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		
Monday 27th to Friday 1st December	Year 11 Trial Examinations	
DECEMBER		
Thursday 21st	End of Term	