



## Parkside Sport Students Visit Brunel University

Parkside Sport students embarked on an educational trip to Brunel University, where they immersed themselves in a variety of practical activities and gained invaluable insights into the field of physiotherapy.

The students participated in several hands-on activities designed to enhance their practical skills and understanding of physiotherapy. These activities included:

- **Blood Gas Analysis:** Students learned how to measure and interpret blood gas levels, a crucial skill for assessing respiratory function.
- **Reflex Testing:** They practiced reflex testing techniques, which are essential for evaluating the nervous system.
- **Mobility Assessments:** The students conducted mobility assessments to understand the range of motion and functional capabilities of different joints.
- **Physiotherapy Resources:** They explored various physiotherapy tools and resources, gaining a deeper appreciation for the equipment used in the profession.

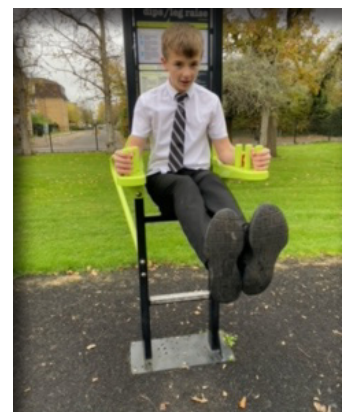
In addition to the practical sessions, the students enjoyed a comprehensive tour of the Brunel University campus. This tour provided them with a glimpse into university life and the facilities available to students pursuing higher education in physiotherapy and related fields.

The highlight of the visit was an inspiring lecture delivered by a senior physiotherapist. The lecture focused on career advice and guidance, offering students valuable insights into the diverse career paths available within the field of physiotherapy. The speaker shared personal experiences and professional tips, motivating the students to pursue their career goals with confidence and determination.



The trip to Brunel University was not only educational but also highly motivating for our Parkside Sport students. It provided them with a unique opportunity to apply theoretical knowledge in a practical setting, interact with experienced professionals, and envision their future careers in physiotherapy.

We are proud of our students for their enthusiasm and dedication during this visit. Such experiences are instrumental in shaping their academic and professional journeys, and we look forward to organizing more enriching trips in the future.



## Media Trip to Harry Potter Studios - Tuesday 26th November 2024

On Tuesday 26th November 2024, Parkside Media students have the opportunity to visit the Harry Potter, Warner Bros, Studio Tour London. Students will take part in an exciting educational workshop called 'Camera Choices' where students will have the opportunity to examine film sequences, with the intention of developing their understanding of how a Director communicates atmosphere, meaning and narrative. Students will also take part in the Harry Potter tour.

## Year 11 Trial Examinations

Trial Examinations will take place for all Year 11 students from Friday 22nd November to Friday 29th November 2024. 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.

## High School Musical Production @ The Rosedale Hewens Academy Trust

Join us for a memorable family experience this December as the The Rosedale Hewens Academy Trust presents High School Musical! Get ready to experience our talented students bring this well known and loved musical to life on stage. Don't miss out on this fantastic opportunity to support our young performers and enjoy a night filled with music, dance, and fun. Our students are delighted to be performing on 3 consecutive dates, Tuesday 3rd December, Wednesday 4th December and Thursday 5th December. The shows start at 7pm, and we welcome you to join us for drinks and concessions from 6:30pm. The show will be located at Rosedale College. Tickets are now available to purchase via iPayimpact. Grab your tickets now and prepare for a memorable evening!

<https://www.therosedalehewensacademytrust.co.uk/high-school-musical-production>

**THE ROSEDALE HEWENS ACADEMY TRUST**  
PRODUCTION OF:  
**Disney HIGH SCHOOL MUSICAL JR.**  
"DON'T MISS OUT ON THE SHOW OF THE YEAR!"  
Visit our websites to purchase your tickets!  
**ADULTS: £6 CHILDREN: £4**  
**7PM**  
**3RD, 4TH & 5TH DECEMBER 2024 @ ROSEDALE COLLEGE**  
Book by David Simpatico  
Based on a Disney Channel Original Movie Written by Peter Barsocchini  
Songs by Matthew Gerrard & Robbie Nevil | Ray Cham, Greg Cham & Andrew Sealey | Randy Petersen & Kevin Quinn | Andy Dodd & Adam Watts | Bryan Louiselle | David N. Lawrence & Faye Greenberg | Jamie Houston | Music Adapted, Arranged and Produced by Bryan Louiselle  
This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI | www.mtishows.co.uk  
[www.therosedalehewensacademytrust.co.uk/highschoolmusicalproduction](http://www.therosedalehewensacademytrust.co.uk/highschoolmusicalproduction)

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|--|----------------------------------------------|--|
|  | Week Commencing: <i>Monday 18th November</i> |  |
|  | <b>MENU 3</b>                                |  |

| 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> |                                                                                               |                          |

## Quote of the Week

'You don't have to see the whole staircase, just take the first step'.

*Martin Luther King, Jr*

|                            |                                  | <b>November 2024</b> |
|----------------------------|----------------------------------|----------------------|
| NOVEMBER                   |                                  |                      |
| Friday 22nd to Friday 29th | Year 11 Trial Examinations       |                      |
| Tuesday 26th               | Media Trip to Harry Potter World |                      |