

Body Image and Self Esteem Presentation



On Monday 30th May, Brooks Education successfully facilitated a session on Body Image and Self Esteem to the Year 9 and 10 students of the Parkside Studio College family. The session was interactive and featured various scenarios that helped to stretch and challenge the students to be open and honest on how social media has had a negative effect on the lives of ordinary teenagers trying to live up to the celebrated picture-perfect look or life.



The build up of anxiety and the consequences that may follow without proper guidance were discussed. The proper approaches and channels which may help when students needed it via Brooks Education and other institutions were also explored.



Year 11 Prom Extravaganza - Extended Date

The Year 11 Prom is underway, and while the deadline for payment was initially to be made by Monday 23rd May, we have now extended the date to **Friday 10th June** due to the fantastic turnout we have seen in previous years, and to allow more time for those who have not yet purchased their tickets.

You will have seen the video montage on screen and heard about the events of the past, but this year's prom is like no other!

With five hours of the gala devoted to good food, socialising and making memories to last a lifetime, this provides a backdrop for the most anticipated annual gathering that will have far more to offer.

For those who have already purchased tickets, you will be entitled to a **VR (Virtual Reality) or gaming experience** at the Trust where you will be able to explore the entire 360 degrees of an entire scene through a VR headset. For all of those yet to purchase tickets, there are still some great opportunities to take part in.

In lieu of the conventional prom, as a ticket holder you will receive:

- ☆ *the opportunity to take part in an internal competition designing a **Snapchat Geofilter**, with the possibility of your entry being submitted to Snapchat for use on the day, making it all the more personal*
- ☆ *the opportunity for students to showcase their talent at the venue and perform for our attendees*
- ☆ *access to a cutting edge **360 photo booth** to capture the entire experience with one button – a publicity dream for our superstars of the night*
- ☆ ***Special Guest attendance***
- ☆ *five hours of unforgettable, memories!*

To change the course of the night further, this year's event will see the full professional photography studio experience with contemporary backdrops, great lighting and the opportunity to **receive high quality photo prints instantly**.

Following the last few years that has stripped away milestones, freedom and opportunities, the Year 11 Prom will be a great way for students to celebrate the culmination of their Year 11 experience. This year's event will be exhilarating, bespoke and there will be a series of 'wow' moments that students will carry with them for the rest of their lives. We have a number of exclusive things lined up; so, get your tickets and experience the Year 11 Prom in the most extraordinary way!

Please note, we are now offering an alternative payment option. Cash payments will now be accepted in addition to iPayimpact, and should be handed in to **Mrs Vara** to secure your child's place.

Should you wish to discuss the details of the Year 11 Prom, please contact **Miss Patel** at apatel@trhat.org.

THE ROSEDALE HEWENS ACADEMY TRUST BRINGS YOU

A NIGHT ON THE RED CARPET

YEAR 11 PROM | FRIDAY 15th JULY 2022

SPECIAL GUEST | 360 CAMERA | PHOTO KEEPSAKE | SNAPCHAT FILTER COMPETITION!

DON'T MISS OUT!
BOOK YOUR TICKETS BY
FRIDAY 10th JUNE!

YOU CAN NOW PAY WITH CASH

VISIT OUR WEBSITE

Bank Holidays - Thursday 2nd and Friday 3rd June

Please note that Thursday 2nd June is the Spring Bank Holiday which will be followed by the Platinum Jubilee Bank Holiday on Friday 3rd June, therefore the College will be closed. College will resume at the normal time of 8:45am on Monday 6th June. Thank you.

Free Guided Cycle Ride

The London Borough of Hillingdon have organised free guided cycle rides this summer, designed to allow you to ride at your own pace, increase heart rate and improve well-being. The ride leaders are employees of Hillingdon Council and are keen cyclists who have been trained to guide groups of people.

Upcoming rides include family cycle rides, medium cycle rides and medium-long cycle rides; all routes will be fun, safe and interesting with the distance, duration and terrain of the ride varying according to the type of ride. For more information about the available dates and to book your place, please visit (<https://www.hillingdon.gov.uk/article/5202/Guided-cycle-rides>).




No Smoking, Vaping and Use of Electronic Cigarettes

Smoking constitutes a fire risk and is a proven hazard to our health. Although harmful to all, passive smoking is particularly dangerous for babies and children. Parents, guardians and carers are reminded that smoking, vaping and use of electronic cigarettes is strictly prohibited on the College grounds and is not permitted outside the College gates. Please support us in our duty of care for your child by ensuring that you adhere to our 'No Smoking' policy. Thank you.

	<p>Week Commencing: Monday 6th June</p> <p>MENU 2</p>
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MONDAY		
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	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
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	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
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	Quorn 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	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
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	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
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	Apple Pie	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		

	<p>June to July 2022</p>
JUNE	
Thursday 2nd	Spring Bank Holiday - College Closure
Friday 3rd	Queen's Platinum Jubilee - College Closure
Monday 20th to Friday 1st July	End of Term
JULY	
Monday 4th	Start of Term