

## Year 10 Hair and Beauty !



During their Hair and Beauty lesson on Tuesday 20th January, Year 10 Beauty students developed their practical and theoretical skills through an engaging lesson focused on professional beauty practice. Students explored key topics such as skin analysis, hygiene and safety procedures, and the correct use of beauty tools and products. They also had the opportunity to practise techniques on each other while building confidence, precision, and client care skills.



This lesson supported students in understanding industry standards and reinforced the importance of professionalism within the beauty sector. Students demonstrated both creativity and responsibility in a practical working environment.



## Children's Commissioner – A Guide For Parents On Managing Children's Digital Lives


We would like to inform parents, guardians and carers about a new guide published by the Children's Commissioner for England, "What I Wish My Parents or Carers Knew: A Guide for Parents on Managing Children's Digital Lives." The guide explores the challenges young people face growing up in a digital world and offers practical advice to help families navigate children's everyday online habits. Developed with direct input from children and young people across England, it highlights their desire for firm, informed boundaries around smartphone and internet use, as well as the importance of parents staying engaged and protective when they are concerned about what their child may be viewing online. With schools across the country reporting increasing worries about online safety, this guide aims to support parents, guardians and carers and schools in working together to keep children safe. We encourage all families to read the guide which can be found on our website:

[<https://www.therosedalehewensacademytrust.co.uk/childrens-commissioner-a-guide-for-parents-on-managing-childrens-digital-lives>].



	<b>Week Commencing: Monday 26th January</b>	
	<b>MENU 4</b>	

MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chili Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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>		

	<b>February to March 2026</b>
<b>February</b>	
Monday 16th to Friday 20th	Enrichment Week
<b>March</b>	
Monday 30th to Thursday 2nd April	Enrichment Week
Friday 3rd	Good Friday