



LGBTQ+ History Month Assembly

This week's assembly focused on the journey towards equality and raising awareness of the LGBTQ+ community. It explored the origins of the Pride movement and emphasised the importance of equality for all. The assembly also highlighted the challenges faced by LGBTQ+ individuals and how these can impact mental health and self-confidence. Students watched a video of former Welsh rugby captain Gareth Thomas speaking openly about his sexuality and the overwhelmingly positive response he received. The assembly concluded by discussing ways individuals can advocate for the LGBTQ+ community to help promote a more inclusive culture.



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>].

Mobile Phones

Whilst the College accepts that some parents, guardians and carers wish their child to carry a mobile telephone for reasons of personal safety as they travel to and from college, they must remain switched off and kept out of sight during the College day. Please note that the College will not accept liability for the safe keeping of a mobile phone; it will remain the responsibility of the student at all times. Use of a mobile phone during college hours will lead to sanctions being imposed, up to and including confiscation. The telephone/s will then be securely stored until the end of the day when they are returned to the students.

College Uniform


The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.


Should there be an opportunity for the College to host an internal event or facilitate a VIP (very important person) visit, it is essential that students continue to project a positive image of the College. As such, all students are required to wear full college uniform in order to participate in special events.

Quote of the Week

'Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway'.

Earl Nightingale

 Week Commencing: <i>Monday 2nd February</i> MENU 1	
MONDAY	
Meal Choice 1	Lamb Curry with Rice Halal
Meal Choice 2	Teriyaki Chicken with Rice Halal
Meal Choice 3	Teriyaki Chicken with Rice Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries Fresh Fruit and Yoghurts
TUESDAY	
Meal Choice 1	Spaghetti Bolognese Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice Non Halal
Meal Choice 4	Ratatouille Spaghetti Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage
Dessert Choice	Jam Sponge Fresh Fruit and Yoghurts
WEDNESDAY	
Meal Choice 1	Tuna Pasta Bake
Meal Choice 2	Chicken Tikka Masala with Rice Halal
Meal Choice 3	Chicken Tikka Masala with Rice Non Halal
Meal Choice 4	Macaroni Cheese Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets
Dessert Choice	Lemon Tart Fresh Fruit and Yoghurts
THURSDAY	
Meal Choice 1	Mexican Chilli Mince Wraps Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn
Dessert Choice	Strawberry Jelly Fresh Fruit and Yoghurts
FRIDAY	
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges
Meal Choice 2	Tomato Pasta Bake Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans Gluten/Dairy Free
Vegetables	Baby Carrots and Peas
Dessert Choice	Fresh Fruit Salad 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	

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