

Marvellous Motifs at Hewens

This term, Year 7 have been working on a textiles project with a focus on designs from a wide range of cultures. Many countries around the world are known for their traditional textiles with designs unique to their nations of origin. Inspired by this, and in particular, Aztec and Japanese patterns, students created their own bespoke designs with their observations leading to beautiful batik and embroidery samples, adopting the technique of repeating an element or motif in order to create unique decorative pieces that would be practical, yet enjoyed for artistic value.

Throughout this preliminary activity, students were influenced by cultural aesthetic representative of various nations, which gave direction to their final design. They were then introduced to the sewing machine which they will be using in the forthcoming lessons where they will construct a drawstring bag and decorate it with prominent qualities using a variety of textile techniques.



International Stress Awareness Week

International Stress Awareness Week is an annual event focusing on stress management and campaigning against the stigma associated with stress and mental health issues. Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational. There are plenty of things you can do to help cope with stressful events, and simple steps you can take to deal with feelings of stress or burnout. Please visit the NHS website for more useful tips and advice on dealing with stress: <https://trhat.co.uk/nhs-every-mind-matters-mentalhealth-issues-stress/>.

Post 16 Open Evening – Wednesday 30th November

The Rosedale Hewens Academy Trust is excited to announce its Post 16 Open Evening to support all local young people in choosing the best possible pathway for success, as they work towards graduating from their secondary education. The evening will aim to guide parents, guardians, carers and prospective students through The Trust's Post 16 offer, where they will be taken on a journey through the four colleges within The Trust and guided through the different curriculum areas, demonstrating what Post 16 teaching and learning looks like, as it is a step up from GCSE. From the wide variety of subject areas on offer, students and their families will be able to gauge the examination boards used, the modules covered in both Year 12 and 13, and will receive a comprehensive overview of what the course demands from its students. The event promises to be informative and enlightening for all. From the career-focused courses offered at The Trust to our extensive enrichment opportunities, students and their families are invited to join us on Wednesday 30th November at 5:30pm to 7:45pm at Rosedale College to find out just what makes Post 16 at The Rosedale Hewens Academy Trust an offer that cannot be missed! The Director's Speeches will take place at 6:00pm and 7:00pm. In order to keep the crowds to a minimum, we would appreciate if we could limit the guests to one adult per prospective student. In the meantime, please feel free to explore our Post 16 provision at <https://www.therosedalehewensacademytrust.co.uk/post-1>



November – December 2022

November	
Monday 9th to Friday 11th	International Stress Awareness Week
Friday 11th	Armistice Day
Wednesday 23rd	Year 8 Money Twist Workshop
Wednesday 30th	Post 16 open Evening
December	
Friday 2nd	Year 7 Money Twist Workshop

	Week Commencing: <i>Monday 14th November</i>	
MENU 2		
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	<i>Strawberry Mousse with Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Fruit Tarts</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Vanilla Cheesecake</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Apple Pie</i>	<i>Fresh Fruit and Yoghurts</i>
<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>		

Attendance

We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of students and their level of attainment. Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of college hours.

The expectation of the governing body is that all students will achieve a minimum annual attendance rate of 96%. The only circumstances in which absence from college will be authorised are when your child is too ill to attend or permission for leave of absence, due to exceptional circumstances, has been received from the Principal.