

Martial Arts

Lunchtimes at Hewens Library is a buzzing centre for clubs and extracurricular activities! Recently, we launched our self-defence club for Key Stage 4 girls, which runs every Tuesday at break and lunch times. The club is led by our Librarian, Miss Kabir, who is trained in Karate, Boxing, and Mixed Martial Arts. Our amazing co-instructor and student, Charmaine Harris, trains extensively in Jiu Jitsu. Both instructors are trained Martial Artists, with plenty of knowledge and skills to share.

The purpose of our class is to teach Martial Arts on two levels: firstly, for students to develop a psychological and philosophical understanding of tenets of discipline, respect and self-control. With these principles in mind, the girls are simultaneously learning the physical and practical skills of blocking and evading attacks, grappling and counter-attacking. The latter techniques are always used as a last resort and the classes are designed to help the girls outmanoeuvre and fight off bigger and stronger attackers in the outside world. The girls have joined the class to learn how to defend themselves, while doing so in a safe and controlled environment.

If your child is interested in joining the class, please direct them to Miss Kabir, who will provide them with more information.



PE Uniform

As the winter weather arrives, it is vital that your child has the appropriate clothing in order to stay warm/dry when participating in Physical Education (PE).

The following clothing should be worn:

1. Red Hewens Polo Shirt
2. Black Hewens shorts or Black Hewens tracksuit
3. Red socks with Black hoops
4. Trainers or studs (depending on surface)
5. Black Jacket/Jumper (coats and hoodies are not to be worn)

As well as this, students who are injured must still bring their PE kit as they can get changed and undertake another role in the lesson. If your child does not have a PE kit, please provide them with clothing close to what is required and write a note in their planner explaining why. You can purchase the Hewens PE kit via the iPay cashless system.

Health Protection in Educational Settings

Immunisation is a key intervention to help give children the best start in life. Evidence shows that school-based delivery of immunisations reduces health disparities by making access to vaccines easier for all.

As a Trust, we have a vital role to play in supporting the routine immunisation programme through effective sharing of information with parents, guardians and carers about the routine immunisations their children should be up to date with at key contact points. Further information about the vaccinations offered, the delivery of immunisation programmes and the outbreak response can be accessed via (<https://bit.ly/3N1KQt1>). For a wide range of immunisation support resources for educational settings, please visit (<https://www.healthpublications.gov.uk/Home.html>).

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>

 <h3>November – December 2022</h3>	
November	
Wednesday 23rd	Year 8 Money Twist Workshop
Wednesday 30th	Post 16 open Evening
December	
Friday 2nd	Year 7 Money Twist Workshop

	Week Commencing: Monday 21st November	
	MENU 3	
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>		

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.