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FRIDAY 7TH NOVEMBER, 2025

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Post 16 Options Evening

We had a fantastic Post 16 Options Evening organised at Rosedale College on Tuesday 5th November. The prospective students alongside their Parents, Guardians and Carers attended the evening and gained valuable insight about the courses on offer. The Rosedale Hewens Academy Trust provides their Year 11 students with all the necessary tools to prepare them for the next steps in their lives and to help make an informed decision for their future. Staff were able to field many questions and explain the different pathways that their courses had to offer. We look forward to the Year 11 applications.



Jack Petchey

Thank you to the Jack Petchey Foundation for once again organising a fantastic Speak Out Challenge and building confidence within our Year 10 students. The students enjoyed showcasing their work and spoke passionately on several interesting topics. Well done to all the Year 10 who participated. We hope that they will take these skills with them to help develop them in their future careers.



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Social Media and Age Restrictions: What Parents Need to Know

Most social media platforms are not legal for children under 13 years old in the UK. This includes popular applications such as: TikTok, Instagram, Snapchat, Facebook and Discord, the Minimum age for these platforms: 13+. Children under 13 years old should not be using these apps without parental supervision. Early and unsupervised use of social media can lead to:

- Less focus on schoolwork and lower grades
- Poor sleep and tiredness in class
- Stress, bullying, or unsafe contact with strangers
- Weaker progress and poorer long-term results

How You Can Help

- Talk with your child about staying safe online
- Set clear limits on phone and app use—especially before bedtime
- Encourage healthy habits and open conversations about online experiences

Visit our website for more details:

<https://www.therosedalehewensacademytrust.co.uk/social-media-and-age-restrictions-what-parents-need-to-know>



Parent, Guardian and Carer Programmes in Hillingdon

Discover a wide range of free, expert-led programmes designed to support parents, guardians and carers at every stage of their child's development. From antenatal workshops to tailored sessions for families navigating separation, or adolescence. The document below outlines practical, inclusive, and accessible support available across Hillingdon. Whether you're preparing for a new arrival or looking for strategies to strengthen family relationships, explore what's on offer and find the right course for your needs. All courses are free and led by qualified and trained practitioners. Visit our website to view more details of the programmes:

<https://www.therosedalehewensacademytrust.co.uk/parent-guardian-and-carer-programmes-in-hillingdon>

 <p style="font-size: 2em; text-align: center;">November 2025</p>	
October	
Monday 10th - Friday 21st	Year 11 Mock Examination

	<p>Week Commencing: Monday 10th November</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		

Kooth

Kooth is an anonymous, safe, confidential and non stigmatised way for young people aged between 11 and 25 to receive counselling, advice and support online.

During this difficult time, it is a necessity to provide young people with as much mental health and wellbeing support as possible, thus Kooth works alongside various mental health and local services to provide a fully integrated service to best support young people free of charge. Please visit (<https://www.hewenscollege.co.uk/99/announcements/announcement/221/announcement/?from=home>) for further information.