

Macmillan Coffee Morning

A huge WELL DONE to our wonderful Student Ambassadors, who organised a fantastic coffee morning in support of Macmillan Cancer Support! It was wonderful to see so many staff, parents, guardians and carers coming together to support such a worthy cause. A heartfelt thank you to everyone who baked, donated, volunteered or simply popped in for a cuppa — your generosity and support helped make it a morning to remember. We are incredibly proud of our Student Ambassadors for showing such fantastic initiative, teamwork and community spirit



World Mental Health Day

This World Mental Health Day, we are reminding everyone in our school community of the importance of looking after our mental health and wellbeing. Taking time to talk, listen and check in with one another can make a real difference. We encourage our pupils, families and staff to remember that seeking support is a sign of strength, not weakness, and nobody should feel they have to face challenges alone.

We want everyone across our school community to take time to check in with themselves and others, talk openly and reach out for support whenever it is needed.



A porcine-free flu vaccine is available

Protect your child from flu this winter

Your child will be offered a **free** NHS flu vaccination as part of the school-aged vaccination programme.

The vaccine usually offered to children is a nasal spray. The nasal flu vaccine contains a small amount of porcine gelatine.



You do not have to choose the nasal spray - a porcine-free alternative is available.

PREFER A VACCINE WITHOUT PORCINE GELATINE?

A **porcine-free** injectable flu vaccine is also available.

If you do not want your child to receive a vaccine containing porcine gelatine for religious, cultural or personal reasons, you can request the injectable flu vaccine instead.

TWO VACCINE OPTIONS

NASAL SPRAY

- Given as a quick spray into each nostril
- The preferred vaccine for most children
- Contains a small amount of porcine gelatine
- No needle is needed

INJECTABLE VACCINE

- Given as an injection, usually in the upper arm
- Does not contain porcine gelatine
- Available for children who cannot have, or whose parents prefer not to have, the nasal spray

WHY VACCINATE AGAINST FLU?

Flu can make children very unwell and can spread easily at school and at home.

- Protect them from flu and its complications
- Reduce the chance of flu spreading to family and friends
- Protect people who may be more vulnerable to becoming seriously ill

HOW DO I CHOOSE THE PORCINE-FREE VACCINE?

When you receive your child's flu vaccination consent form, complete it as instructed and select the injectable flu vaccine if you would prefer the porcine-free option.

If you have questions or need help completing your child's consent, please contact the Vaccination UK team.

VACCINATED AT SCHOOL | PROTECTED FOR WINTER

WWW.SCHOOLVACCINATION.UK



 October 2026	
October	
Saturday 10th	World Mental Health Day
Wednesday 14th	Year 11 Exam Success Evening

		Week Commencing: Monday 12th October	
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	
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			

Sixth Form Open Evening

Choosing what to do after Year 11 is an important decision, and finding the right Sixth Form can make all the difference. Whether you already have a career in mind or are still exploring your options, The Rosedale Hewens Academy Trust is committed to helping every student find a pathway that reflects their interests, strengths and future ambitions. We are delighted to invite prospective students and their families to our Sixth Form Open Evening, taking place at Hewens College on Tuesday 3rd November 2026, from 5:30pm to 7:30pm. The evening is the perfect opportunity to discover everything that Sixth Form at The Rosedale Hewens Academy Trust has to offer and to begin planning the next stage of your education.

Find out more about the open evening on our website: <https://www.therosedalehewensacademytrust.co.uk/post-16/sixth-form-open-evening>