

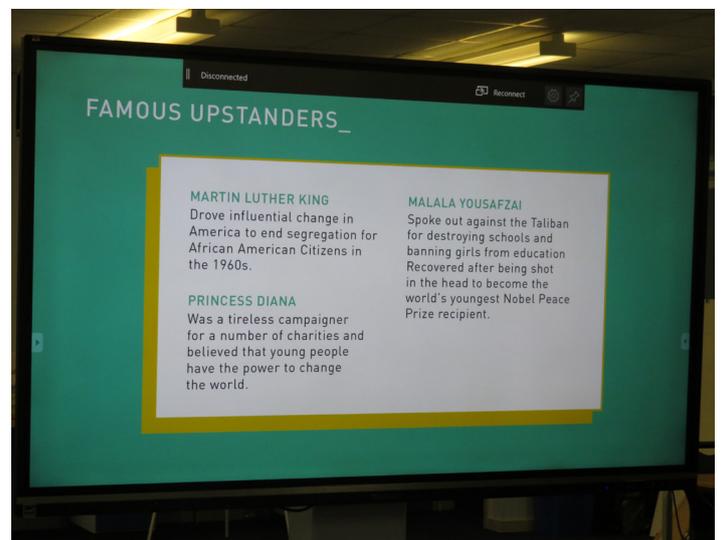
## Anti Bullying Assembly



On Wednesday 26th October, the newly elected anti-bullying ambassadors and other student council members had the opportunity to host an assembly in recognition of National Bullying Prevention Month. The question posed during the assembly was 'are you a upstander or bystander to bullying?' Students were presented with a wealth of information on bullying, focussing on the signs of bullying, the effects of bullying and where to turn for help.



As part of our commitment to promoting STEM (Science, Technology, Engineering and Mathematics) students in Years 9 and 10 took part in an exciting STEM challenge in partnership with the Sea Cadets.



## International Hotels Group (IHG) Diversity Event

On Tuesday 1st November, 10 students from Year 11 will be visiting the IHG headquarters in Denham to take part in a Diversity event. Students will benefit from IHG's global leadership team who will join together and share useful knowledge around careers guidance and advice.

This will be a valuable learning experience for students who are interested in looking for employment, as industry professionals from the existing IHG cohort based at the Denham headquarters will be on hand to provide 1-2-1 guidance and support.

## Upcoming Enrichment Week

The next Enrichment Week will take place from Monday 7th November through to Friday 11th November. Students in Years 9,10 and 11 will be invited to attend sessions to support them in catching up with their learning. Letters will be sent home to parents, guardians and carers with full details of the intervention classes, activities and catch-up sessions. If you have any questions or require any further information, please do not hesitate to contact the College.

## Media Trip to PS London - 9th November

On Wednesday 9th November, all Media students will have the opportunity to take part in a visit to PS London, as part of a subject enrichment activity. Students will be travelling to and from the venue via public transport, school uniform does not need to be worn for the trip, however sensible attire should be worn. Students will need to bring a packed lunch. If you would like further information about the trip please contact the College office.

## National Bullying Prevention Month

National Bullying Prevention Month is a month-long event to prevent childhood bullying and promote kindness, acceptance and inclusion. At Parkside Studio College, we all have a role to play whether we are children, parents, guardians or carers, teachers or college administrators. Positive change comes as we begin to emphasise respect and inclusion in our school and community. This month, try to reach out to a classmate, especially those who appear to be struggling. Children will not only learn about the different forms of bullying, but also how to report it when they see it in order to prevent others from suffering in silence. Talk to your child about bullying and please report all concerning disclosures to the Principal.

## Quote of the Week

'Success is no accident, it is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do'.

*Pele*

	<b>Week Commencing: Monday 31st October</b>
	<b>MENU 4</b>

MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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>		

	<h1>November 2022</h1>
NOVEMBER	
Tuesday 1st	International Hotels Group (IHG) Trip
Monday 7th to Friday 11th	Enrichment Week
Wednesday 9th	Media Trip to PS London