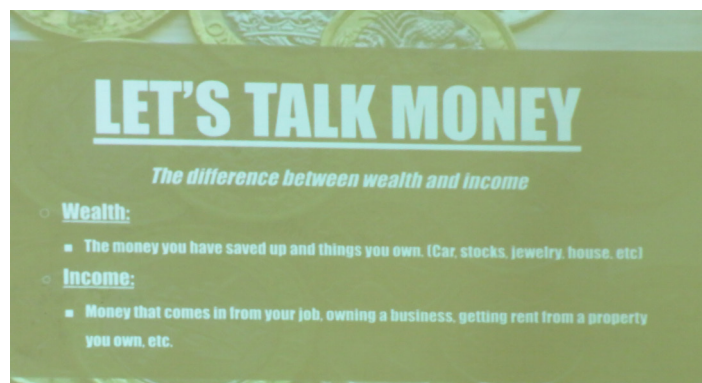




Diversity Org at Parkside



On Friday 13th January Parkside students had the opportunity to take part in an event that was delivered by Diversity Org. Diversity Org focus on helping under-represented students gain access to careers, with a range of multi billion pound international companies, acting as a bridge for students through workshops and seminars. Students took part in an interactive session and listened to motivational speeches about the different career paths that are open to them.



New Website

Our BRAND NEW website is NOW LIVE!

Visit our website via your mobile device or desktop to navigate through our new features such as quick links to our virtual tour, social media pages, ipayimpact payment portal, Newsletters, latest news and many more!

We look forward to continuing to share the latest college news with you via our website, so please keep a lookout each week for any updates! We hope you enjoy your virtual experience as you explore the window to our college.

[\[https://www.parksidestudiocollege.co.uk/\]](https://www.parksidestudiocollege.co.uk/)

FREE Asthma Workshop!

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is asthma attacks, asthma triggers, in techniques and asthma action plans.

The workshops are run online via ZOOM from 4:00pm to 5:00pm and you can register your FREE place here: [\[https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397\]](https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397).

They are taking place on January 16th, February 6th and March 6th. You can also contact the MyHealth team on tel: 01895 543 437 or nhsnwlcgc.myhealth@nhs.net

Flu Immunisations - Year 9

On Friday 27th January, the NHS Immunisation Team will carry out the Nasal Flu Immunisation to our students in Year 9. The NHS have changed to an on-line consent system via Parent Portal, where parents and carers of pupils will be able to indicate consent for their child's school-aged vaccinations. The immunisations will only be carried out on students who have parental consent.


Upcoming Enrichment Week

Please be reminded that Monday 6th February through to Friday 10th February is Enrichment Week. Students in Years 9, 10 and 11 will be invited to attend Intervention/Enrichment Sessions if they need to catch up on coursework or need any other support. Letters will be sent home to parents, guardians and carers, informing them of what the week will entail. If you have any questions or require any further information, please do not hesitate to contact the College on 0208 573 2097.

Quote of the Week

'You are capable of more than you know. Choose a goal that seems right for you and strive to be the best, however hard the path. Aim High. Behave honorably. Prepare to be alone at times, and to endure failure. Persist! The world needs all you can give.'


E D Wilson



Week Commencing: Monday 23rd January

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	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		

 January to February 2023	
JANUARY	
Friday 27th	Flu Immunisations - Year 9
FEBRUARY	
Monday 7th to Friday 10th	Enrichment Week