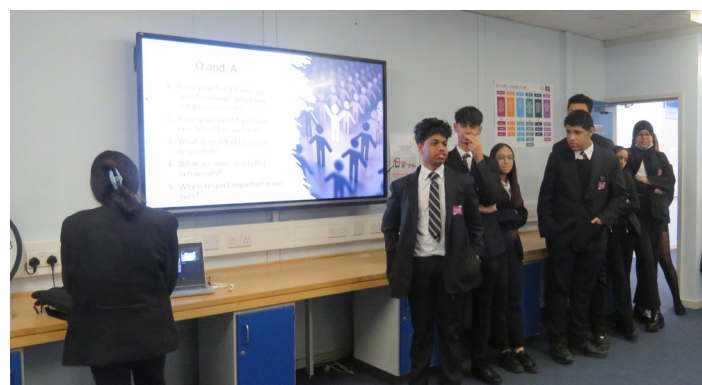
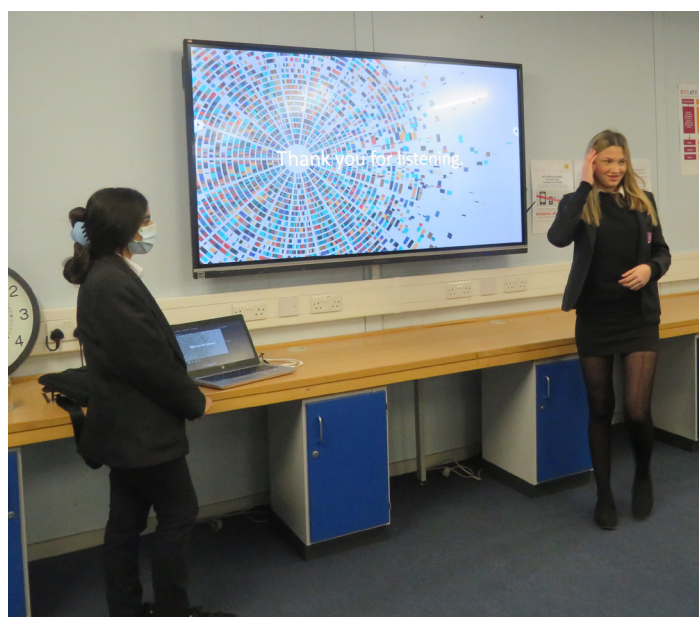


Year 11 Assembly

On Wednesday 25th January, some of the Year 11 students hosted a fantastic assembly based around Respect and the message that they drove home was, being respectful means you act in a way that shows care for how your actions may impact others. We can show respect for people, places, and things. Examples provided were; using kind or polite words even when you're upset. Using manners like sharing and waiting your turn, saying please and thank you, accepting differences or at least disagreeing with kind words!

Thank you to Year 11 for a very insightful assembly.



Year 9 and 10 Trip to Brunel University

On Monday 31st January, students in Year 9 and 10 will take part in a visit to Brunel University, where they will take part in a STEM event. The event aims to develop an awareness of a range of careers aligned to Science. Students will need to arrive to college by 8:30am, in full college uniform, they will travel to the venue via college minibus. Lunch will be provided by the University. If you have any further queries please contact the college office on 0208 573 2097.

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 nhsnwlcg.myhealth@nhs.net

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

'Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and grater strength for the nation.'

John F Kennedy

	Week Commencing: <i>Monday January</i>	
	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	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Brownie Tray Bake</i>	<i>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		

 January to February 2023	
JANUARY	
Tuesday 31st	Year 9 and 10 Trip to Brunel University
FEBRUARY	
Monday 7th to Friday 10th	Enrichment Week