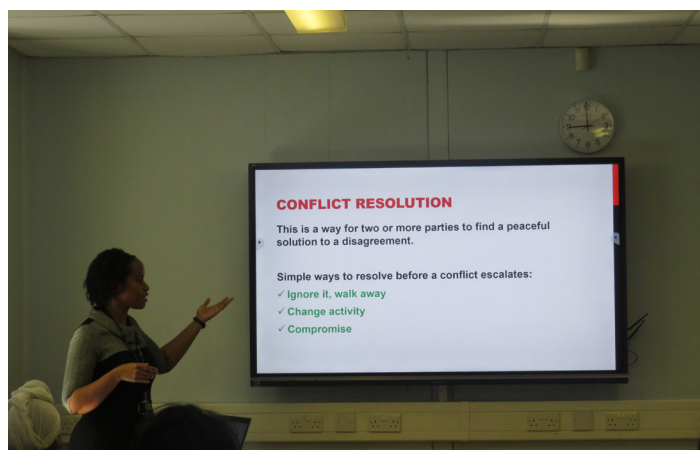
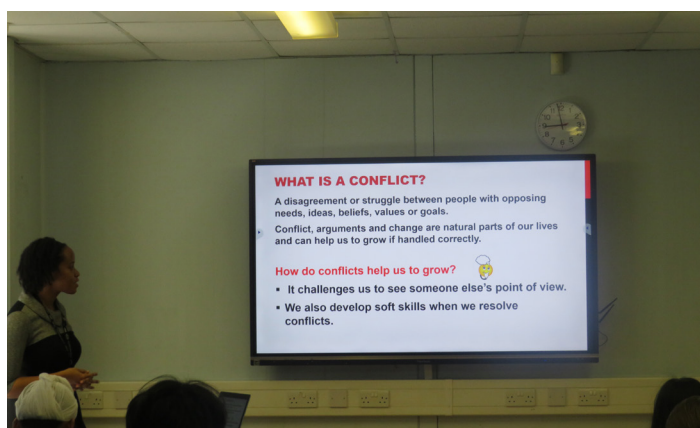




Conflict and Resolution Assembly

On Wednesday 3rd May, the focus of the whole college assembly was conflict and resolution. Students were reminded that while it is good to avoid a conflict if possible, it is also good to be aware of how to deal with them as this helps us to grow



Resolving a conflict enables us to see a situation from someone else's point of view and helps to develop our communication, problem solving and team building skills. One key thing students were able to take away from the assembly is trying to understand the other person's views before trying to be understood.



Year 11 Prom - Friday 14th July

Owing to its huge demand in previous years, we would like to remind students to confirm their attendance and secure their places promptly for the Year 11 Prom, taking place at Q Vardis on Friday 14th July 2023. This is a great opportunity for students to celebrate the culmination of their Year 11 experience, as they will look back and remember this milestone event for the rest of their lives. This year's lavish affair, where attention to detail will be paramount, will see our 2023 Leavers cohort creating extraordinary memories that will last a lifetime.

We have a number of exciting events lined up for the evening; so, get your tickets and experience your one and only Prom in the most extraordinary way! Tickets are now available to purchase via iPayimpact. Please purchase your tickets by Friday 9th June 2023. (<https://www.parksidestudiocollege.co.uk/latest-news/year-11-prom-tickets-now-available>).

Public Health - Cases of Measles in Hillingdon

The local Public Health team has informed us that there has been a recent increase in the number of cases of Measles in Hillingdon. Please take a look at our website to read the letter from the Director of Public Health England, and for more information (<https://www.parksidestudiocollege.co.uk/latest-news/public-health-cases-of-measles-in-hillingdon>).

Navigating Exam Season

Exam season can be a challenging time for young people. Many feel stressed in the lead-up to their exams and worried in anticipation of their results.

As adults, it can be difficult to know what we can do to support children and young people during this time. Place 2 Be have created some tip sheets full of practical advice to help young people, schools and families manage stress during exam season.

Click the link or download the documents below for advice on managing stress in the lead-up to and during exams. (<https://www.parksidestudiocollege.co.uk/latest-news/navigating-exam-season>).



	Week Commencing: Monday 15th May	
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
<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>		

 May to June 2023	
MAY	
Monday 29th	Bank Holiday
JUNE	
Tuesday 6th	Year 10 Brooks Education Workshop
Wednesday 7th	Year 9/10 Metropolitan Police Workshop.
Friday 16th	Term Ends