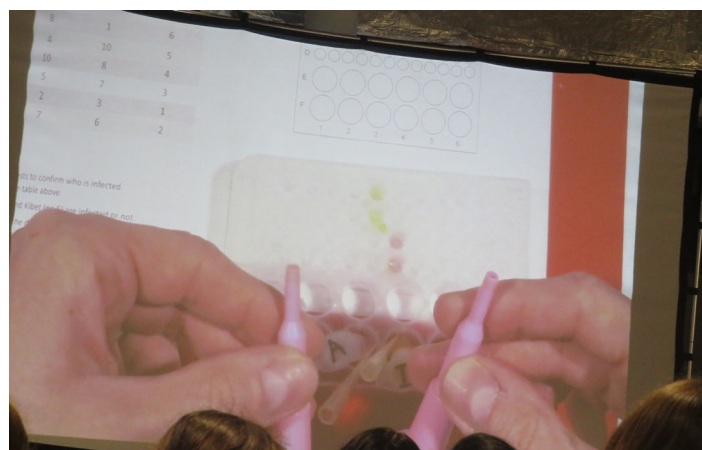


## Year 9 Target Mars Trip

On Thursday 11th May, students in Year 9 at Parkside participated in a STEM competition workshop at Brunel University, based on the theme 'The Race to Mars'. It featured ideas from different companies and countries as to who would get to Mars first, and how. The different technological breakthroughs used thus far were explored and those in the pipelines. The possibilities and theories to be used were explored in different interactive sessions based on what was already known about data on Mars gained by robots.



The major focus was getting humans to Mars and the consequence and outcomes of this. The students from Parkside who participated in this interactive workshop were excellent in their groups. Lexie Dunford received the prize for the number one performing student as she walked away with the most points from the combined quiz and group competition. Well done Lexie!



## 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.

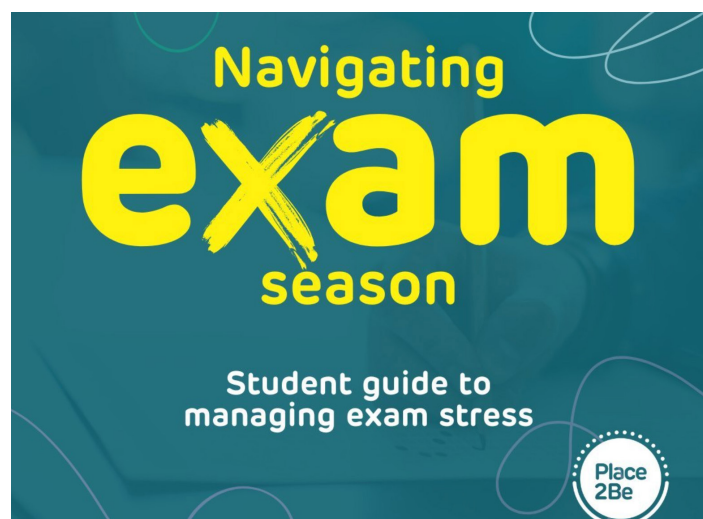
We have a number of exciting events lined up for the evening; so, get your tickets and experience your one and only Prom in the most extraordinary way! Tickets are now available to purchase via iPayimpact. Please purchase your tickets by Friday 9th June 2023. [<https://www.parksidestudiocollege.co.uk/latest-news/year-11-prom-tickets-now-available>].

## 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>].



## Mental Health Awareness Week

Anxiety is one of the most common mental health problems in the UK. Understanding more about anxiety can help us to discover ways to manage those feelings.

We're proud to be supporting @mentalhealth this #Mental Health Awareness Week - 15 to 21 May. Join in and help to create a world with good mental health for all. Find out more and get involved [<https://www.mentalhealth.org.uk/mhaw#ToHelpMyAnxiety>].

		<b>Week Commencing: Monday 22nd May</b> <b>MENU 4</b>
<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
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
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		

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