



Year 10 STEM Club Challenge

Year 10 students at Parkside have been working on building and flying a kite as part of the STEM Club Challenge. Over the past few weeks, students have been trying out shop bought kites to get a feel for flying and also to determine the best dimensions, weight and design.



They are now at the stage where they have to design their very own kite! Students have been working on their designs in groups and sharing ideas on what will work best to get their kite off the ground and into the air.



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.

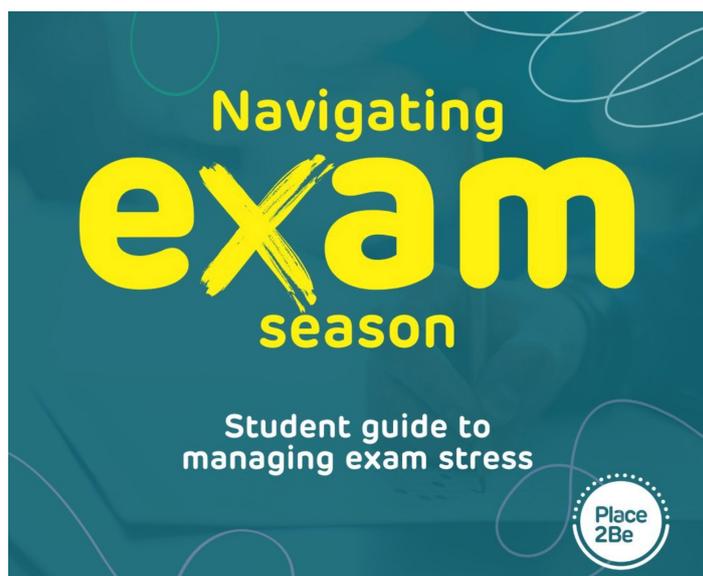
We have a number of exciting events lined up for the evening; so, get your tickets and experience your one and only Prom in the most extraordinary way! Tickets are now available to purchase via iPayimpact. Please purchase your tickets by Friday 16th June 2023. [<https://www.parksidestudiocollege.co.uk/latest-news/year-11-prom-tickets-now-available>].

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>].



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>].

	Week Commencing: Monday 5th June
	MENU 1

MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Fresh Fruit Salad	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>		

	June to August 2023
JUNE	
Tuesday 6th	Year 10 Brooks Education Workshop
Wednesday 7th	Year 9/10 Metropolitan Police Workshop.
Friday 16th	Term Ends
JULY	
Monday 3rd	Term Begins
Friday 21st	Year 10 Apprenticeship Workshop - UWL
AUGUST	
Friday 4th	Term Ends