



## Open Evening

On Tuesday 19th September, Parkside Studio College opened its doors to all members of the community who are eager to explore the opportunity of sending their child to a college which offers dynamic teaching, an engaging curriculum and a variety of academic and vocational further education options.



Visitors were given the opportunity to enjoy guided tours of the College, as well as the Media Suite where they were able to participate in some Virtual Reality sessions as well as speak to current Media students that use the suite for filming sessions as part of their course. Visitors were able to gain an in depth and valuable insight into the College's curriculum, how it is delivered and how it is received across Key Stage 4, as well as Post 16.



## Support with School Attendance – Emotionally Based School Avoidance

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
- Inhaler techniques
- Asthma action plans

The workshop is run online using ZOOM 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>)

All sessions are from 4 - 5 pm and current dates are:

Monday 2nd October  
 Monday 6th November  
 Monday 4th December

You can also contact the MyHealth team on tel: 01895 543 437 or [nhsnwccg.myhealth@nhs.net](mailto:nhsnwccg.myhealth@nhs.net).

## Student Photographs – Advance Notice

A photographer from Fraser Portraits will attend the College on Tuesday 17th October to take student photographs. Please ensure that your child attends dressed smartly in full college uniform.

## Home/College Communication


We believe that strong communication links between the college and parents, guardians and carers are vital in supporting students in achieving their personal best. Research has shown that students' academic progress and achievements are significantly influenced by the extent of parental involvement and interest in their education. The College communicates with parents, guardians and carers in a variety of different ways:

- ☐ Verbal: in meetings, by telephone
- ☐ Events: information evenings, open evening, academic tutoring
- ☐ Written: letters, notes in planners, newsletters
- ☐ Electronic: notices posted on the college website, text messages and email


Results from the latest surveys indicate that the majority of our parents, guardians and carers are happy with the quality and quantity of home/college communication. However, if you have any suggestions for further improving communications please let us know as we are always receptive to new ideas and initiatives.

## Quote of the Week

'The best way to predict your future is to create it'  
*Abraham Lincoln*

	<b>Week Commencing: Monday 25th September</b>
	<b>MENU 4</b>

MONDAY		
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
TUESDAY		
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
WEDNESDAY		
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
THURSDAY		
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
FRIDAY		
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
<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>		

	<b>October to November 2023</b>
OCTOBER	
Tuesday 10th	World Mental Health Day
Tuesday 17th	Fraser Portraits
Wednesday 18th	Parkside Careers Fair
Monday 23rd to Friday 28th	Enrichment Week
NOVEMBER	
Tuesday	Post 16 Open Evening
Wednesday 6th	Term Begins