



## European Day of Languages

On Wednesday 27th September students at Parkside celebrated European Day of Languages by partaking in a competition to say "Hello, my name is (state name)" in as many languages as possible, they were asked to say the statement aloud in the documented languages.



Fanny (Year 10) came third with five languages, Alice- Grace (Year 11) came second with six languages, and first place was secured by Tajbeer (Year 11) who translated the statement in seven languages.

In the same order, the students were awarded a chocolate pack, a stationery pack, and a £20 amazon gift card along with a badge for the role, 'Language Ambassador for Parkside Studio College.'



## 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.

## Upcoming Enrichment Week

Please be reminded that Monday 23rd to Friday 27th October 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 contact the College on 0208 573 2097.

## 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).

## West London Bulls Inclusive Sports Club at Brunel University

The West London Bulls Inclusive Sports Club has restarted and they are now running sports sessions every week. They run every Thursday 6pm to 7pm at the Brunel Sports Centre, there is free parking on site. The sessions are for children aged 5 to 16 who would like to develop friendships and confidence in sports, this includes children and young people with movement difficulties and physical disabilities and siblings are welcome to join in too. The group is run by a qualified coach, the Brunel Occupational Therapy (OT) team and student volunteers.

## Quote of the Week

'You're off to great places. Today is your first day! Your mountain is waiting, so get on your way!'

*Dr Suess*

	<b>Week Commencing: Monday 2nd October</b>	
	<b>MENU 1</b>	

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>		

	<h1>October to November 2023</h1>
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