



Black History Month 2023

Black History Month is celebrated every year during the month of October, it is a momentous occasion to recognise and celebrate the invaluable contributions of black people to British society. Students at Parkside were privileged to listen to a live interview with Levi Roots who is a musician, television personality, celebrity chef, author, and businessman.



Roots shared his journey to the UK as part of the Windrush Generation, he also spoke about his career. Roots grew up in Clarendon, Jamaica with his grandmother who shared her love for Caribbean food with him, and this was the inspiration that led to Roots inventing the Reggae Reggae sauce and beginning his culinary journey!



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.

Emergency Contact Details

In the best interest of your child's wellbeing whilst at college, it is vitally important, that in the event of an emergency, we are able to make contact with you or another emergency contact, as quickly as possible. To this end, we would like to remind all parents, guardians and carers to keep your contact details updated with the College and to ensure that you provide up-to-date details of at least two other emergency contacts for your child. Thank you.

Student Welfare – Medication in College

Please note that students are not permitted to carry any medication (with the exception of inhalers for asthma or Health Care Plan specified medication) whilst in college. This is to ensure the safety and wellbeing of all students.

If you wish your child to take prescribed medicine such as antibiotics, or other non-prescribed medication, such as paracetamol, during the College day, please contact the College reception for an 'Administration of Medicines and Treatment Consent Form'. The form should be completed and signed by you and returned to reception together with the medication clearly marked with your child's name and form group

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-7pm at the Brunel Sports Centre, there is free parking on site. The sessions are for children aged 5-16 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

'Do today's duty, fight today's temptation; do not weaken and distract yourself by looking forward to things you cannot see, and could not understand if you saw them'

Charles Kingsley

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|  | Week Commencing: <i>Monday 16th October 2023</i> |
| | MENU 3 |

| MONDAY | | |
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| 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> | | |

|  | <h1>October to November 2023</h1> |
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| OCTOBER | |
| 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 |