

## Parkside Careers Fair

On Wednesday 18th October, students at Parkside participated in a Careers Fair, over 10 organisations and professionals, including the Metropolitan Police, Brunel University and the University of West London. The wise words shared by members of the panel, a beauty therapist, a member of the Lego team, a football coach from QPR and a nail technician truly gave the day an excellent start!



Past students shared their experiences since leaving Parkside which allowed the current cohort of student to reflect on their journeys thus far. Students also had the opportunity to interact with the different organisations and were able to ask questions about the different jobs available within each organisation. The morning was insightful and students felt they were better prepared to make choices after Year 11.



Thank you to all the external partners for continuing to support our students and to Miss Morgan for organising the event. Thank you also to the Parkside Team for their support on all levels.



## 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.


## Homework


It is the policy of the College to set homework on a regular basis. In addition to consolidating and extending work completed during the College day, homework supports the development of key skills such as independent working which are vital to academic success. Please support your child to complete their homework by providing them with a comfortable, well-lit area to work in.

## Quote of the Week

'The beautiful thing about learning is that nobody can take it away from you.'

B.B King

	<b>Week Commencing: Monday 23rd October</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
<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>	
<b>OCTOBER</b>		
Monday 23rd to Friday 28th	Enrichment Week	
<b>NOVEMBER</b>		
Tuesday 7th	Post 16 Open Evening	
Wednesday 6th	Term Begins	