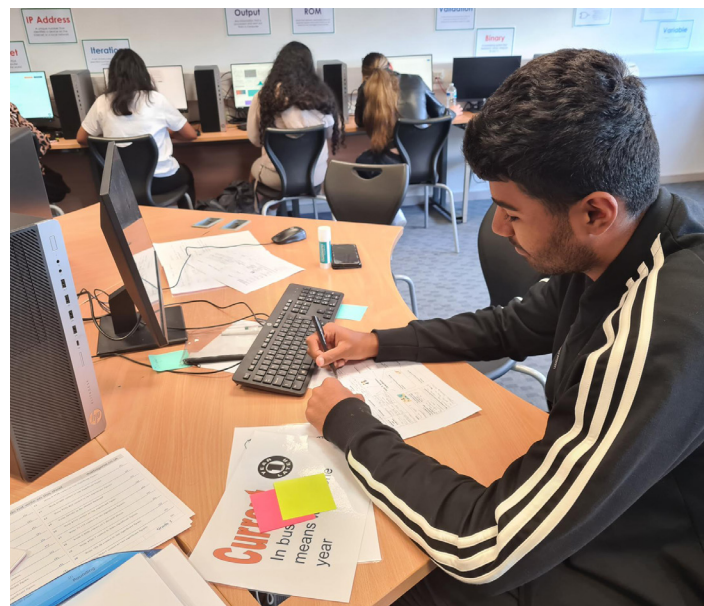


September Enrichment Week at Parkside!

Monday 27th September through to Friday 1st October was Enrichment week at Parkside Studio College. Year 9 students benefited from a comprehensive timetable centred around Functional Skills catch up sessions, students in Year 10 attended college for English, Mathematics and Science intervention sessions, and others took this opportunity to come in and catch up on Option subject coursework. The students made the most of the extra time and support that was given to them by staff and were really appreciative of this opportunity to enhance and enrich their learning outside of their normal academic timetables.



The Vaccination Programme in Schools

As you are aware, the roll out of the coronavirus (COVID-19) vaccination programme has been extended to all 12 to 15 year olds. The vaccination programme will be facilitated with NHS staff attending Parkside Studio College on Wednesday 3rd and Thursday 4th November to administer the vaccination to each student who has returned their signed consent form. Please visit (<https://www.parksidestudiocollege.co.uk/129/coronavirus-advice-and-guidance>) for access to a range of leaflets and Frequently Asked Questions (FAQs) to enable you to make an informed decision about your child's vaccination. Please also read the letter that was distributed in September: (<https://bit.ly/2XJ6QBG>).

Urgent Mental Health Support – 24/7 Crisis Lines

Students, young people and their families can access free help, advice and urgent mental health support from 24/7 crisis telephone lines available in every London borough. Every NHS mental health trust in London has put these in place, so students, young people and their families can get help quickly when they need it. Professionals are also able to access these crisis lines if they are concerned about or would like advice about a student, young person or family. The crisis lines are supported by trained mental health practitioners, who can offer advice and signpost other sources of support as needed.

Please visit the Urgent Mental Health Support section on our college's Mental Health and Wellbeing page via (<https://www.parksidestudiocollege.co.uk/211/mental-health-and-wellbeing>) for a brief information pack with details of these crisis lines as well as other support available.

Walk to School Month

October is International Walk to School Month, helping to embed active travel behaviours within the School community, with an opportunity to be part of a global campaign, encouraging students to walk to school alongside young people in over 40 countries!

Considering the contribution that traffic pollution makes to climate change and the effects it has on wildlife and natural habitats around the world, by walking to school, you can reduce your carbon emissions, supporting natural habitats and animals across the globe.


To keep the momentum going for Walk to School Month, Living Streets has started a new #WALKFORTHETHEWORLD Social Media Challenge. The prize draw is open to all UK schools and families who have a social media account. Please visit (<https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month>) for details on how to enter.

Quote of the Week

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

Nora Roberts

	Week Commencing: <i>Monday 11th October</i>	
	MENU 3	
MONDAY		
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	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Brownie Tray Bake</i>	<i>Fresh Fruit and Yoghurts</i>
<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>		

		November to December 2021
NOVEMBER		
Monday 8th to Friday 12th	Enrichment Week	
DECEMBER		
Friday 17th	Term Ends	
Monday 20th December to Monday 3rd January	Christmas Holiday	