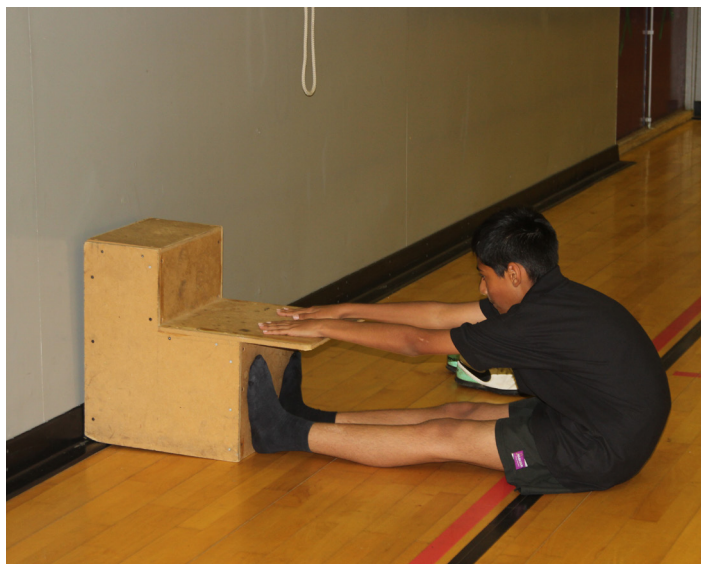


Sport Science at Parkside

Sport Science students have been working very hard on both practical and theory topics this term. They have been studying physical and skill related components of fitness through performing tests and researching how each component is relevant to different sporting activities. The students have been using their own sporting role models to relate the aspects of their testing.



Year 10 students have begun a new assignment which looks into analysing sports leaders through videos, research and demonstrations. The class are focusing on what makes a successful sports leader and the methods and rules they use to enable them to succeed. The students are using these qualities to help them prepare an evaluation into what makes a successful sporting leader.



The Year 9 students have had a very enjoyable settling in period to their new course. After introductions and expectations, they have been introduced to new sports and participating to create a deeper understanding of multiple sporting backgrounds.



Are You Interested in Being a Parent Governor at One of Our Schools?

The Academy Board is the regulatory authority of The Trust and as such is responsible for setting the strategic direction, at a corporate level, across the group of schools within The Trust. Each school has a Local Advisory Board (LAB) which is responsible for advising and assisting the leadership of the School with the standards of high quality teaching; reviewing and reporting on the curriculum offered with reference to national and local requirements; monitoring and reviewing the progress of students in terms of academic achievements, attendance, punctuality and behaviour benchmarked against national and local performance; actively promoting the work of each school within the community; responding to external feedback from national and local bodies to continuously improve the offering of the School and wider Academy Trust.

The LAB consists of community (co-opted) members, parents, guardians, carers and staff. The skills set, expertise and commitment of each individual are fundamental, as the LAB is critical to the work of our schools and overall governance arrangements of The Trust. The College is eager to appoint two dynamic individuals as Parent Governors to support the College community in serving the entire student body to the best of its ability. If this opportunity interests you, please contact Sue Neave, Admin Officer, by email at trhat@trhat.org or contact the main college reception where a member of staff will advise you of the procedure to follow to apply for the post. Thank you and we look forward to hearing from you!

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 [\[https://www.parksidestudiocollege.co.uk/211/mental-health-and-wellbeing\]](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.

Student Photographs

The individual student photograph proofs have been received by the College and have been provided per child to take home. Orders will be limited to online ordering, directly to Fraser Portraits via [\[https://orderphotos.co.uk/school_downloads\]](https://orderphotos.co.uk/school_downloads), or over the phone at 01202 692433. You will be required to log in with your account details or enter your proof card identification/ registration code to be able to make payments. Orders must be placed by Monday 18th October in order to receive free delivery back to the College. Please note that these will not be delivered until the beginning of November. Unfortunately, any order received after this date will need to be ordered directly to Fraser Portraits and will incur an additional surcharge of £4.00 per pack. For all orders placed after the deadline date, packs will be sent directly to your home address.

Public Examinations - Summer 2022

We have updated our Public Examinations information on our college website, which gives information about the summer 2022 examinations for Year 11 and Year 13 students. There are also some useful links for students and parents, guardians and carers about revision tips, study skills and managing examination stress. Please visit [\[https://www.parksidestudiocollege.co.uk/118/public-examinations\]](https://www.parksidestudiocollege.co.uk/118/public-examinations) for access to these resources. Year 11 have been learning about revision techniques and have been given a revision techniques booklet to help them plan their own revision timetable.

 <div>November 2021</div>	
NOVEMBER	
Monday 8th to Friday 12th	Enrichment Week
Wednesday 3rd	COVID Vaccination Programme
Thursday 4th	COVID Vaccination Programme

		Week Commencing: Monday 18th October
MENU 4		
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
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		

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 [\[https://www.parksidestudiocollege.co.uk/129/coronavirus-advice-andguidance\]](https://www.parksidestudiocollege.co.uk/129/coronavirus-advice-andguidance) 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: [\[https://bit.ly/2XJ6QBG\]](https://bit.ly/2XJ6QBG).