

Year 10 Jack Petchey Workshop

On Wednesday 13th October, Year 10 students at Parkside took part in a Jack Petchey Workshop. The day began with students introducing themselves and their ambitions, before joining a group discussion about how to deliver a good speech. With the opportunity to analyse, discuss and explore ideas with their peers, the students were able to propose some excellent tips whilst learning from one another and deliberating over ideas prompted from different perspectives, developing their communication and team working skills.



Students were encouraged to step out of their comfort zone and deliver an impromptu speech for 30 seconds on topics such as School Uniform, 'Who Inspires You?' and 'What Job Could You Never Do?', with feedback provided by selected students.



The third session consisted of groups of five practising impromptu speaking and sharing exercises, and receiving feedback on 'one-minute stories' such as, 'An Experience That You or Your Family Have Been Through That You Can Share'. The students were able to respond and perform much better in these smaller groups.

Most students gradually came out of their comfort zones and were able to gain knowledge and confidence from the experience of the day.



Brilliant Parents Support Programmes

Brilliant Parents are working with the London Borough of Hillingdon to provide support to parents, guardians and carers who reside in the borough and require help with their children's behavioural and emotional needs, offering free parenting programmes to enable you to feel more confident and competent with your parenting. The programmes will be delivered via Zoom and face-to-face, however, will not be delivered from Monday 25th to Friday 29th October. Please visit the Additional Support section on our Mental Health and Wellbeing page via (<https://www.parksidestudiocollege.co.uk/211/mental-health-and-wellbeing>) for more information and for access to the self-referral form which will need to be completed and submitted if you are interested in attending any of the programmes.

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 **#WALKFORTHEWORLD** 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. Entries will be accepted up to midnight on Sunday 31st October. Any entries after this date will not be entered into the prize draw.

One Little Girl. One Big Hope – The Walk

Little Amal is a 3.5 metre marionette representing a nine year old Syrian refugee girl who has fled her war-torn country, embarking on a remarkable journey in search of her mother. She has traversed Europe for over four months, voyaging from Turkey and has reached UK shores in the final leg of an 8,000 kilometre journey, with the hope that 'The Walk' will bring much-needed attention to all those who seek refuge and shine a light on the millions of displaced refugee children Amal represents.

Little Amal will arrive at London on Saturday 23rd October where she will visit some of London's iconic landmarks including St Paul's Cathedral and Shakespeare's Globe before celebrating her 10th birthday with us at Camden Town on Sunday 24th October where the Roundhouse have planned a birthday party and concert in her honour as she bids farewell to London. For more information and to support Little Amal's journey, please visit (<https://www.walkwithamal.org/>).




Week Commencing: *Monday 25th October*

SPECIAL MENU

MONDAY		
Meal Choice 1	Chicken Goujons with Potato Wedges, Beans and Vegetables	Halal
Meal Choice 2	Chicken Goujons with Potato Wedges, Beans and Vegetables	Non Halal
Meal Choice 3	Cheese and Onion Quiche with Potato Wedges, Beans and Vegetables	Vegetarian
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
TUESDAY		
Meal Choice 1	Macaroni Cheese and Vegetables	Vegetarian
Meal Choice 2	Baked Jacket Potato with Various Fillings	Vegetarian
WEDNESDAY		
Meal Choice 1	Baked Jacket Potato with Various Fillings	Vegetarian
THURSDAY		
Meal Choice 1	Chicken Sausages with Sliced Potatoes and Beans	Halal
Meal Choice 2	Pork Sausages with Sliced Potatoes and Beans	Non Halal
Meal Choice 3	Vegetarian Sausages with Sliced Potatoes and Beans	Vegetarian
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Cooked Chips and Beans	
Meal Choice 2	Quorn Nuggets with Oven Cooked Chips and Beans	Vegetarian
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian
<i>The daily dessert choices will be as follows: Fresh Fruit, Yogurt, Jelly or Ice Cream pots</i>		

The Vaccination Programme at Parkside

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>) 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>).

	
November 2021 to January 2022	
NOVEMBER	
Wednesday 3rd to Thursday 4th	COVID 19 Vaccination Programme
Monday 8th to Friday 12th	Enrichment Week
DECEMBER	
Friday 17th	Term Ends
Monday 20th December to Monday 3rd January	Christmas Holiday
JANUARY	
Thursday 6th	Term Begins