



Parkside Hair & Beauty Students Shine at Salon Beauty Expo!

Our talented students had an incredible time at the Salon Beauty Expo at the Excel! From exploring the latest trends to networking with industry professionals, it was an inspiring experience for everyone. Highlights of the day included waxing demonstrations where our students got hands-on experience and learned the latest techniques from the best in the business. Attendees also received complimentary samples of the latest eyelash products, showcasing innovative styles, and participated in exciting nail art sessions with amazing nail care product giveaways.



We were thrilled to visit exhibitors like Pinkfishes, known for their innovative eyelash products, and Nail Artistry, whose nail art sessions offered both inspiration and practical tips. Glitterbels captivated everyone with their amazing giveaway spinning wheel, while The Pro Gel impressed with their stunning gel nail designs. The live demo stages, particularly the Advance Beauty Stage, provided invaluable insights and showcased cutting-edge beauty techniques.



The expo was a fantastic opportunity for our students to immerse themselves in the beauty industry, gain new skills, and connect with leading professionals. We are so proud of their enthusiasm and dedication!



Recycle Week! 'Recycle, Re-Use and Rescue Our Pre-Loved Uniform'

This year's theme is 'Rescue Me'. Help us to 'rescue' pre-loved uniform at our school/college, by helping to raise awareness and encourage the use of our Recycle, Re-use Uniform Scheme within our school/college community. Should you have any unwanted items of uniform in wearable condition, please donate these to your child's school/college to support families who wish to locate and use pre-loved uniform. For further details, please visit our website and head to our 'Recycle and Re-Use Uniform' page under the 'Parents, Guardians and Carers' tab.

Help us to reduce our carbon footprint by donating your pre-loved school uniform!

Visit our website for more information

RECYCLE **RE-USE**

Upcoming Enrichment Week

The next Enrichment Week will take place from Monday 28th October through to Friday 1st November 2024. Students in Years 9,10 and 11 will be invited to attend sessions to support them in catching up with their learning. Letters have been sent home to parents, guardians and carers with full details of the intervention classes, activities and catch-up sessions. If you have any questions or require any further information, please do not hesitate to contact the College.

Sports Trip to Brunel University

On Wednesday 6th November, Sports students from Parkside will be visiting Brunel University where they will meet with academics, and current university students within the field of Physiotherapy. Students will take part in taster sessions, have a tour of the facilities offered for Physiotherapy students and find out how to apply effectively and prepare for the course.

Quote of the Week

'Every morning you have two choices: continue to sleep with your dreams or wake up and chase them'

Carmello Anthony

	<p>Week Commencing: <i>Monday 21st October</i></p>
	<p>MENU 4</p>

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
<p><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></p>		

	<p>October to November 2024</p>
OCTOBER	
Tuesday 22nd	Year 11 Careers Fair
Monday 28th October to Friday 1st November	Enrichment Week
NOVEMBER	
Wednesday 6th	Year 9/10 Sports Trip to Brunel University