

A Tantalizing Treat for Parkside

Parkside's Hospitality students continue to showcase their baking prowess. They have been busy in the kitchen developing their skills in aeration whilst putting into practice their whisking, folding, shaping, rolling and presentation skills, all of which are key to making the perfect swiss roll.



They thoroughly enjoyed the activity and demonstrated precision and accuracy, acknowledging the importance of paying attention to the quality of the finished product. The students were extremely delighted to have produced a food item that they had admired for years in cafes and shops. Their teacher, too, was in awe of how well they had done as the finished dish was nothing less than a tantalizing treat... Well done Year 11 Hospitality!



Chinese New Year

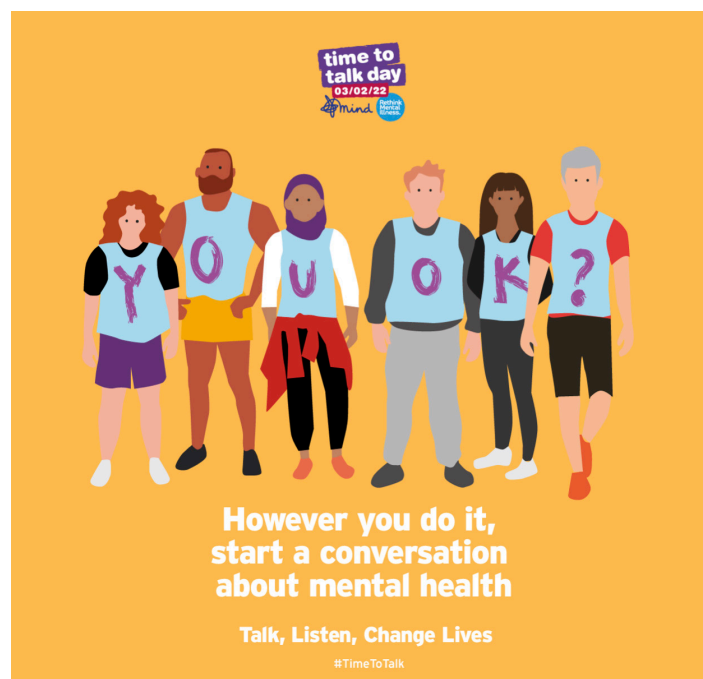
Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. It will take place on Tuesday 1st February with this year being celebrated as the Year of the Tiger. To embrace the euphoric atmosphere this festival tends to bring, be sure to enjoy this week's Noodles and Vegetable Stir Fry on Wednesday 2nd February!



Time to Talk Day

For many, it is hard enough to experience mental health problems without having to face the judgement and isolation that often surrounds them. As such, in order to end mental health discrimination, Mind, a mental health charity who provide advice and support to empower anyone experiencing a mental health problem, will run the nation's biggest mental health conversation for Time to Talk Day on Thursday 3rd February. Friends, families, communities and workplaces can come together to talk, listen and change lives. No one should have to face a mental health problem alone, so join Mind and take part in the day via (<https://timetotalkday.co.uk/>).

This week will be observed as Children's Mental Health Week under the theme 'Growing Together'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how they have grown and how they can help others grow. Challenges and setbacks help us adapt and trying new things can also take us beyond our comfort zone into a new realm of possibility and potential. However, this is often a gradual process that happens over time and sometimes we might feel 'stuck'. Please take a look at the useful information and support links provided on the College's Mental Health and Well-Being page to support you or someone you care about via (<https://www.parksidestudiocollege.co.uk/page/MentalHealthandWellbeing>).



Upcoming Enrichment Week

Please note that the next Enrichment week for Parkside will take place from Monday 7th to Friday 11th February. Those students who are required to attend will receive their timetable for the week through the post. If you have any questions or require any further information, please contact your child's form tutor or call the College reception.

Success Beyond School

InvestIN's parent event series is designed to give parents, guardians and carers the essential tools they need to support their child on their career journey. Their Success Beyond School series include a number of live, online seminars featuring leading career experts helping to amplify students' career potential. The events are for families of students aged 12 to 18 and are free to attend. For expert advice on breaking into medicine, dentistry and veterinary science, please visit (<https://investin.org/pages/parent-events>) and fill out the registration form, giving you access to the Making it in the Medical Sciences webinar on Wednesday 9th February.

Alternatively, for access to life-changing, immersive career programmes for students, taking place from the end of January, book your place now at (<https://investin.org/pages/choose-your-career>).

Visitor Access

While the staff and Governing Body wish to facilitate access to the College for parents, guardians, carers and other visitors, they also have a duty of care and responsibility for the safety of students. Therefore, on arrival, all visitors are requested to enter the College via the main entrance only on and report to the reception. Visitors must not enter the campus via any other entrance. Thank you for your cooperation.

Quote of the Day

'Change is the end result of all true learning.'

Leo Buscaglia



LAUNCH OF NEW WEBSITE

Please note, we have launched a new website and restructured the site to improve accessibility to our content. Although it may look slightly different, you will still be able to navigate the pages and find all the relevant information found on our previous website, and more. In the meantime, please feel free to browse through our social media channels that can be accessed directly at the top of the page. There will be more information to follow in the forthcoming weeks.

Precautionary Measures for Coronavirus

As a result of the Prime Minister's plans to end Plan B restrictions, a number of changes have been made to the current coronavirus (COVID-19) measures implemented within the Trust following his announcement on Wednesday 19th January. Face masks are no longer required in classrooms for students, however individuals will still be recommended to wear them in enclosed or private spaces. The current rule also requires everyone aged 11 or over to wear face masks in most public indoor venues and on public transport. A new national approach to daily testing for contacts of COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 should take a lateral flow device (LFD) every day for 7 days instead of self-isolating. Additionally, the 10-day self-isolation period for those who record a positive polymerase chain reaction (PCR) test result for COVID-19 has now been reduced to 5 days in most circumstances. For further information, please read the letter that was distributed via (<https://trhat.co.uk/letterc-covidupdate190122/>).

Term Dates

The 2021 to 2022 term dates are detailed on our website and can be accessed via (<https://www.parksidestudiocollege.co.uk/89/term-dates>). Please check these dates as they will be particularly helpful to parents, guardians or carers planning family holidays and activities.

Absence Reporting

In the event of your child being unable to attend college, please contact the main reception on 020 8573 2097 before 8:30am. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent. The only exception to this is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital. The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college.

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.

College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. It is designed to instill a sense of pride, identity and belonging. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.

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|  | Week Commencing: <i>Monday 31st January</i> | |
| 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 | <i>Raspberry Jelly</i> | <i>Fresh Fruit and Yoghurts</i> |
| 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 | <i>Jam and Coconut Sponge</i> | <i>Fresh Fruit and Yoghurts</i> |
| 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 | <i>Vanilla Ice Cream with Peaches</i> | <i>Fresh Fruit and Yoghurts</i> |
| 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 | <i>Chocolate Sponge</i> | <i>Fresh Fruit and Yoghurts</i> |
| 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 | <i>Custard Tart</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> | | |

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|  | <h1>February to April 2022</h1> | |
| FEBRUARY | | |
| Monday 7th to Friday 11th | Enrichment Week | |
| MARCH | | |
| Monday 21st to Friday 25th | Enrichment Week | |
| Monday 28th March to Friday 1st April | College Closure | |
| APRIL | | |
| Friday 15th | Good Friday | |
| Monday 18th | Easter Monday | |