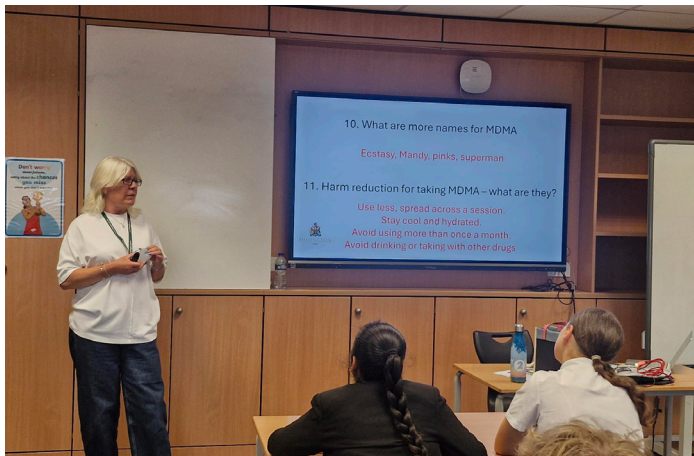




Your Life You Choose

On Friday 26 April Year 9 students learned of the harsh realities that come with choosing a life of crime. Throughout the day, students were rotated through a series of workshops where they heard about crimes from various perspectives.

In attendance were The London Ambulance Service, The Metropolitan Police, and the Youth Offending Team.



The Ambulance Service focused on how young people can respond effectively in situations involving knife crime, with an emphasis on immediate, practical first aid that can make the difference between life and death helping students understand the gravity of such incidents and the powerful role they can play in emergency situations.



Our Safer Schools Officer, Jamie Frampton, spoke about drugs and county lines, and how they can avoid criminal exploitation from such situations, and keep themselves safe.

The Youth Offending Team spoke about the different types of drugs and the impact they can have on an individual. The students discussed the life choices they have and the consequences of making the wrong choices. The programme encourages young people to make informed decisions and to understand that they have a choice about the path they take in life.



End of Term

The Summer Term ends on Friday 18th July. All students will be expected to attend college on the last day of the term in their PE kit as they will be participating in the last events for Parkside Challenge week, the day will start at the normal time of 8:45am, but all students will be dismissed at the earlier time of 12:15pm. If you would like further information please do not hesitate to contact the College office on 0208 573 20907 ext 2.

College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. 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.

Should there be an opportunity for the College to host an internal event or facilitate a VIP (very important person) visit, it is essential that students continue to project a positive image of the College. As such, all students are required to wear full college uniform in order to participate in special events.

Keeping Hydrated in the Hot Weather

As the weather is getting hotter, please ensure your child brings a water bottle to school every day. Staying hydrated is very important for their health and comfort during outdoor activities and throughout the school day.

Thank you for your cooperation!

Mobile Telephones

Whilst the College accepts that some parents, guardians and carers wish their child to carry a mobile telephone for reasons of personal safety as they travel to and from college, they must remain switched off and kept out of sight during the College day. Use of a mobile phone during college hours will lead to sanctions being imposed, up to and including confiscation.

Academic Tutoring Meetings

Academic Tutoring appointments are currently being organised for students in Key Stage 4 on Wednesday 3rd September 2025. A separate communication to confirm times for these appointments will be sent out in due course.

Quote of the Week

'Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step'.

Lao Tzu

	Week Commencing: Monday 14th July
	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
<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>		



July to September 2025

July	
Tuesday 15th	Parkside Open Afternoon
Friday 18th	Term Ends (early dismissal)
August	
Thursday 14th	A Level Results Day (9:00am to 11:00am)
Thursday 21st	GCSE Results Day (9:00am to 11:00am)
September	
Wednesday 3rd	Key Stage 4 Academic Tutoring Afternoon/Evening