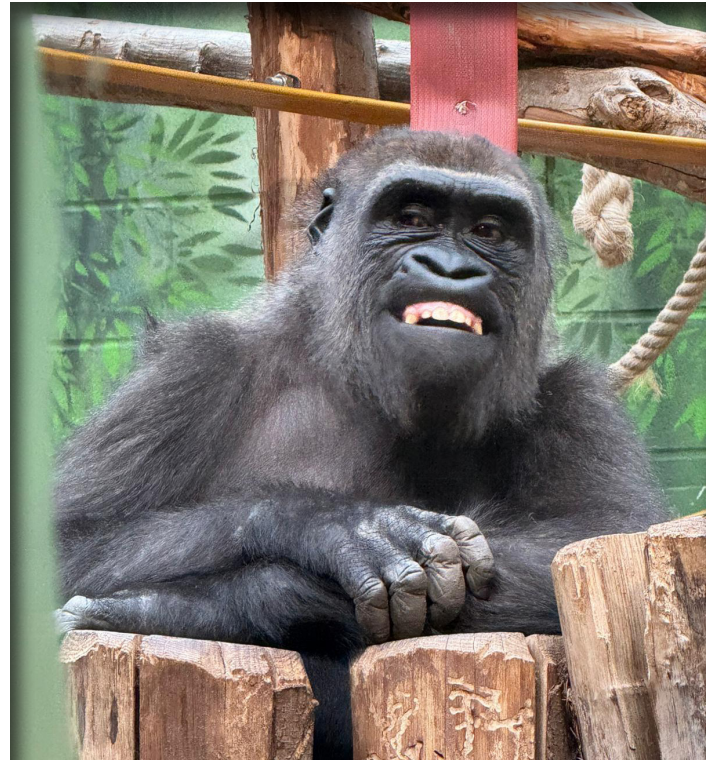


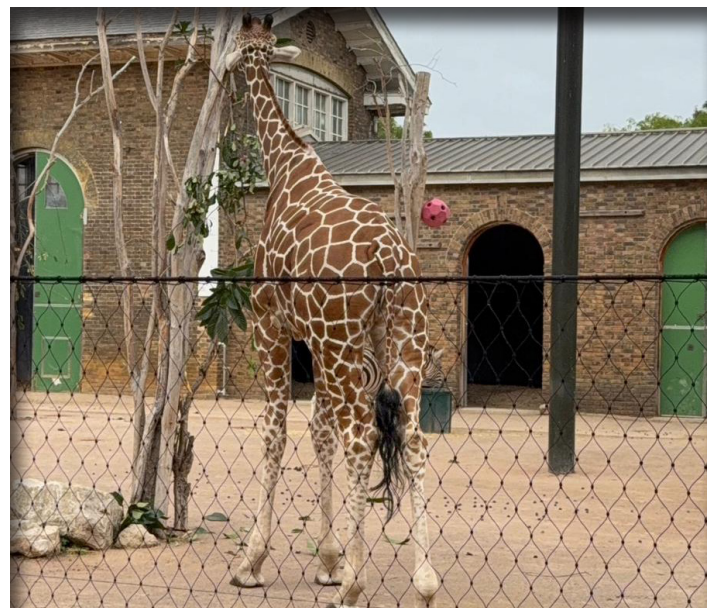


## Year 11 Reward Trip to London Zoo

On Wednesday 1st October, Year 11 students had their reward trip to London Zoo, the day began with a stunning walk through Regent's Park, soaking up the autumn sunshine before heading into the heart of London.



Students enjoyed walking through the zoo, from the cheeky monkeys to the fierce tigers and regal lions, the animal encounters were truly unforgettable! Students took photographs of the animals and were asked to submit them to Miss Porter and they will be shown at the next assembly! A huge thank you to the students for their photos, they captured a perfect day! Student behaviour was exemplary, they were engaged, respectful and full of enthusiasm, a true credit to Parkside!



## Hair and Beauty Trip to London Excel - 13th

October 2025

On Monday 13th October 2025, Parkside Hair and Beauty students will have the opportunity to attend the Hair and Beauty Show at The Excel, London. This visit will enable students to explore various brands and products within the Hair and Beauty Industry. It will also provide valuable insights into the elements of being a business owner or entrepreneur in this sector, which will support their current studies.

## Year 11 Trip to Cadbury's World - 24th October 2025

On Friday 24th October 2025, Year 11 students will have the opportunity to visit Cadbury's World in Birmingham. The visit will enable students to understand how some products are made, how the business was founded and grew, how a brand is developed, including a one-hour curriculum-linked educational session, presented in a themed education room. This will enrich their understanding of business studies GCSE content, e.g. flow, mass and lean production methods, quality control & the marketing mix. The cost of the trip is £12.00 and payment can be made using your child's Ipay account. Please note the closing date for all payments is Thursday 9th October 2025. If you are having difficulty making the payments via the Ipay account, please contact the College office on 0208 273 2097 ext 2.

## Absence Reporting

In the event of your child being unable to attend college, please contact the College office on 0208 573 2097 ext 2 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 that 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.


## 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 and report to the reception. Visitors must not enter the campus via any other entrance.

## Quote of the Week

'Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight... When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.'

Helen Keller

	<b>Week Commencing: Monday 13th October</b>	
	<b>MENU 3</b>	

MONDAY		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	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	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	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>		

 <h1 style="margin: 0;">October 2025</h1>	
October	
Monday 13th	Hair and Beauty Trip to London Excel
Friday 24th	Year 11 Cadbury's World Trip
Monday 27th to Friday 30th	Enrichment Week