

Queen's Celebration Assembly



On Friday 19th September, Parkside's Student Voice delivered a special assembly to celebrate the life of our late Queen. The students presented a very moving tribute to the late monarch which incorporated some amazing facts that are little known by many people. The students had also created a timeline which outlined the events that took place during the late Queen's reign. The assembly was very informative for both students and staff.



Year 9, 10 and 11 Trip to Buckinghamshire New University

Sport students in Years 9, 10 and 11 will be attending a trip to Buckinghamshire New University on Friday 7th October. Students should arrive at College at 8:45am and will be travelling to and from the Science Museum by college minibus and public transport. Lunch will be provided by the university. Students will return to the College at approximately 3:00pm, and will go to normal lessons.

#AskAboutAsthma campaign by Healthy London Partnership

Did you know that children and young people with asthma should have an asthma action plan to help manage their condition?

This is one of four #AskAboutAsthma asks which we want every Londoner to be aware of:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health

Together we can raise awareness around #healthinequalities and how to address them so every child and teenager has the right asthma care in place and go on to live a full, active life.

We are proud to support #AskAboutAsthma. Find out more about the 2022 campaign at (www.healthy london.org/ask-about-asthma)




College Uniform – Winter

Our college uniform provides students with a sense of community and pride for their college. It also supports positive behaviour for learning. Therefore whilst it is important during the winter months for your child to keep warm and wear coats, scarves, hats, gloves and even boots travelling to and from college, correct uniform must be worn once on the college campus. Please support your child in meeting the expectations of uniform by ensuring that correct uniform is worn under their winter garments and that they bring their shoes to change into if they wear boots travelling to and from college. Thank you.

	Week Commencing: Monday 3rd October MENU 1
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MONDAY		
Meal Choice 1	Lamb Curry with Rice	Halal
Meal Choice 2	Teriyaki Chicken with Rice	Halal
Meal Choice 3	Teriyaki Chicken with Rice	Non Halal
Meal Choice 4	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Tandoori Chicken Breast with White Rice	Halal
Meal Choice 3	Tandoori Chicken Breast with White Rice	Non Halal
Meal Choice 4	Ratatouille Spaghetti	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	Halal
Meal Choice 3	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 4	Macaroni Cheese	Vegetarian
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts
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		

	October to November 2022
OCTOBER	
Friday 7th	Sport Trip to Buckinghamshire New University
NOVEMBER	
Monday 7th to Friday 11th	Enrichment Week