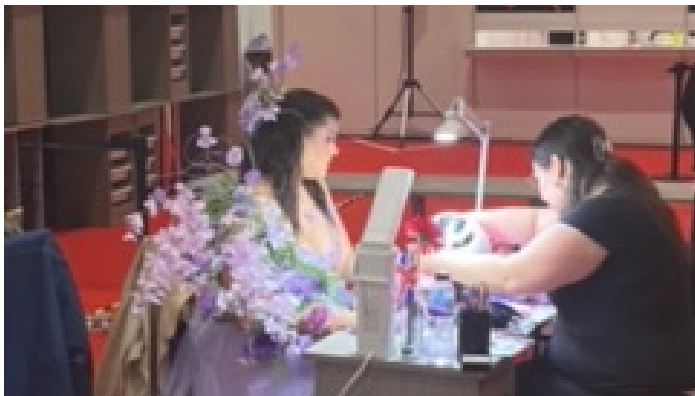


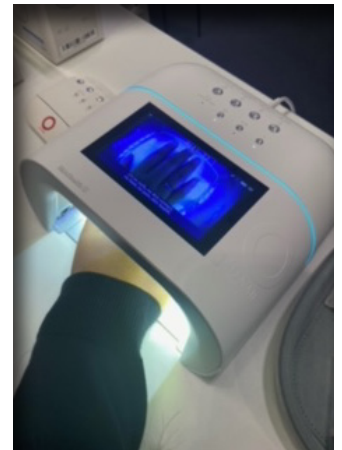
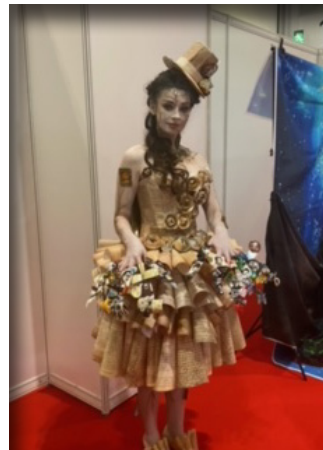
Hair and Beauty Trip to PBL London at Excel

On Monday 13th October, Parkside Hair and Beauty students had the amazing opportunity to attend the UK's leading beauty and spa event- Professional Beauty London at the Excel!

The exhibition was a vibrant showcase of the latest in skincare, make-up, wellness and nail artistry. Students watched live demonstrations, and had insights from professionals across the beauty world. The Nailympia Nail competition showcased intricate gel designs to stunning mixed media creations, the talent on display was next level.



Our students were inspired by the creativity and precision of the competitors – a true masterclass in nail artistry! A huge thank you to Professional Beauty London for hosting such an incredible event. Our students left buzzing with ideas and motivation for their future careers in beauty!



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.

Nasal Flu Immunisations - Thursday 6th November 2025

On 6th November, the NHS Immunisation Team will carry out the Nasal Flu Vaccinations on students in Years 9 to 11. The vaccinations will only be given to students whose parent, carer or guardian has completed the online consent form which has been emailed out. If you would like your child to receive the vaccination, please be sure to complete the form. If you have any questions or concerns, please do not hesitate to contact the College office. Thank you.

Physical Education (PE) - Reminder Regarding Kit

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.

Punctuality

We would like to remind parents, guardians and carers of the importance of all students having a positive start to their day by arriving at college on time. All students are expected to be in college for morning registration at 8:45am. If you receive a communication from the College that your child has been late on more than one occasion, please discuss this with them and support them so that they arrive at college on time. Students who are persistently late will be referred to the Educational Welfare Officer.


Quote of the Week

'Nobody can go back and make a new beginning, but anyone can start today and make a new ending'.

Maria Robinson

	Week Commencing: Monday 20th October	
	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>		

	<h1>October to November 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
November	
Thursday 6th	Nasal Flu Vaccinations