



Year 11 Trip to Cadbury's World



On Friday 24th October, Year 11 students at Parkside visited Cadbury World in Birmingham. From experiencing the rich history of chocolate to watching real chocolatiers in action, every moment was a treat! The 4D chocolate adventure cinema was a highlight, flying through a chocolatey world with motion seats and special effects was a lot of fun. Students met the iconic Cadbury characters, snapped lots of photos with them, and spent a long time in the gift shop!! It was a lovely day full of laughter, learning, and lot of chocolate.

Thank you to Mr Downes for organising the exciting and enjoyable trip.



Parent, Guardian and Carer Programmes in Hillingdon

Discover a wide range of free, expert-led programmes designed to support parents, guardians and carers at every stage of their child's development. From antenatal workshops to tailored sessions for families navigating separation, or adolescence. The document below outlines practical, inclusive, and accessible support available across Hillingdon. Whether you're preparing for a new arrival or looking for strategies to strengthen family relationships, explore what's on offer and find the right course for your needs. All courses are free and led by qualified and trained practitioners. Visit our website to view more details of the programmes: (<https://www.therosedalehewensacademytrust.co.uk/parent-guardian-and-carer-programmes-in-hillingdon>)

Social Media and Age Restrictions: What Parents Need to Know

Most social media platforms are not legal for children under 13 years old in the UK. This includes popular apps such as: TikTok, Instagram, Snapchat, Facebook and Discord, the Minimum age for these platforms: 13+ Children under 13 years old should not be using these apps without parental supervision. Early and unsupervised use of social media can lead to:

- Less focus on schoolwork and lower grades
- Poor sleep and tiredness in class
- Stress, bullying, or unsafe contact with strangers
- Weaker progress and poorer long-term results

How You Can Help

- Talk with your child about staying safe online
- Set clear limits on phone and app use—especially before bedtime
- Encourage healthy habits and open conversations about online experiences

Year 11 Trial Examinations

Trial Examinations will take place for all Year 11 students from Friday 21st to Friday 28th November. As we approach the period of trial examinations, it is vitally important for students to settle into regular and structured home revision to give them the best possible chance of examination success. Students are expected to attend in full college uniform for the examinations with the necessary equipment. We wish all our students the best of luck!

Quote of the Week

'Dont watch the clock, do what it does. Keep going'.

Sam Levenson

	Week Commencing: Monday 10th November
	MENU 2

MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yoghurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yoghurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	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>		



November 2025

November	
Tuesday 11th	Year 10 Jack Petchey Workshop
Thursday 13th	KISS Online Safety Workshop- All Year Groups
Friday 21st to Friday 28th	Year 11 Trial Examinations