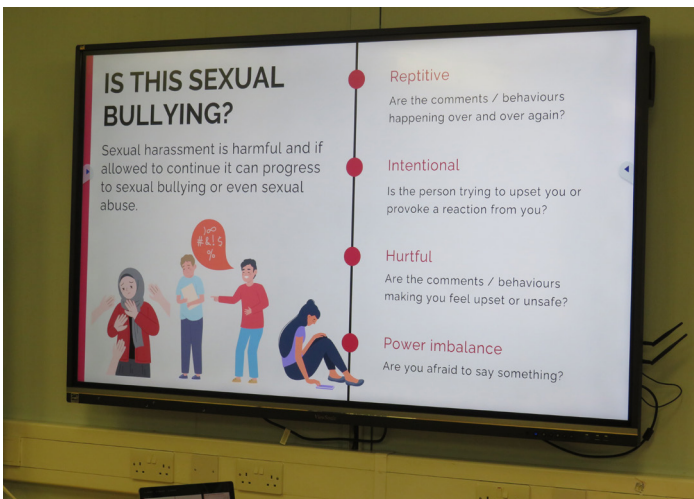




KISS Sexual Harassment Workshop

On Tuesday 13 January, students at Parkside Studio College took part in an impactful Sexual Harassment Workshop delivered by KISS, led by a phenomenal and engaging presenter. The sessions were carefully structured, with all year groups. The sessions were split into two groups, one for Years 9 and 10 and one for Year 11, ensuring age-appropriate discussion and reflection. The workshop focused on helping students understand what sexual harassment is, why it is never acceptable, and how it can affect individuals both emotionally and socially. Through clear explanations, real-life examples and open discussion, students explored the importance of respect, personal boundaries and consent, as well as recognising inappropriate behaviour both in person and online. Emphasis was placed on speaking up, supporting others, and knowing where and how to seek help if they or someone they know feels uncomfortable or unsafe. The session encouraged confidence, awareness and responsibility, reinforcing the message that everyone has the right to feel safe, respected and heard within school and beyond.



Youth Vaping Statement – Information for Parents, Carers and Guardian

Vaping among children and young people is an increasing concern across London. To help address this, a London-wide Youth Vaping Position Statement has been agreed by London’s Directors of Public Health and coordinated by the London Tobacco Alliance.

This statement sets out clear, evidence-based messages to protect young people from the harms of vaping and to ensure consistent information is shared across schools, communities and services. Visit our website to watch a short statement of the video: (<https://www.therosedalehewensacademytrust.co.uk/youth-vaping-information-for-parents-carers-and-guardians>).



Save the Date! Education and SEND Parent Event

Visit the Civic Centre, Uxbridge on Monday, 26th January 2026, from 10:00am to 2:00pm for an essential event dedicated to supporting families and children with Special Educational Needs and Disabilities (SEND).


This is your opportunity to:

- Hear from experts including the SEND Advisory Team, Children’s Integrated Therapies, SENDIASS, Parent Carer Forum, Local Offer, and Family Hubs
- Access valuable resources and advice to help your child thrive
- Connect with professionals and other parents for guidance and support

Spaces are limited and offered on a first-come, first-served basis, so don’t miss out! Reserve your place today Register your spot here: (<https://www.therosedalehewensacademytrust.co.uk/save-the-date-education-and-send-parent-event>)

	Week Commencing: <i>Monday 19th January</i>	
	MENU 3	

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>		

	February to March 2026	
February		
Monday 16th to Friday 20th	Enrichment Week	
March		
Monday 30th to Thursday 2nd April	Enrichment Week	
Friday 3rd	Good Friday	