



Department for Work and Pensions – Mock Interviews



On Tuesday 3rd February, students in Years 10 and 11 took part in mock interviews delivered by volunteers from the Department for Work and Pensions (DWP). The sessions focused on developing essential soft skills and building confidence in formal interview settings. This experience was particularly valuable for Year 11 students who are currently preparing for Post-16 and College interviews. Volunteers encouraged students to answer questions confidently using the STAR technique (Situation, Task, Action, Result). Students found the session to be helpful and informative.



Triple P Teens - Free 6 Week Online Course

Parenting teens can feel like a rollercoaster with many ups and downs. You may be dealing with behaviours that leave you feeling drained, frustrated and overwhelmed. We understand how difficult it can be raising teenagers. The 6-week online course can help you learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you. Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive way.

The course will run from 4:15pm to 6:15pm on Wednesdays, starting 21 January 2026 and finishing on 4 March 2026, with no session on 18 February. It will take place online via Microsoft Teams. Visit our website to book your place or for more information and to explore more local courses:

[<https://www.parksidestudiocollege.co.uk/latest-news/triple-p-teens-free-6-week-online-course/>].



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Date, time and venue

- 4.15 pm - 6.15 pm
- Wednesday 21 January - Wednesday 4 March 2026
(Excluding 18th February 2026)
- Online via Microsoft TEAMS

To book your spot, please call Annmarie on 07949 890749 or email AnnmarieF@familylives.org.uk

We build better family lives together

www.familylives.org.uk familylives

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Quote of the Week

'Success is not a destination, but the road that you are on. Being successful means that you are working hard and walking your walk every day. You can only live your dream by working hard towards it. That's living your dream.'

Marlon Wayans

	Week Commencing: Monday 9th February	
	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 Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt 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>		

	<h1>February to March 2026</h1>
February	
Monday 16th to Friday 20th	Enrichment Week
March	
Tuesday 3rd	Sky Studios Osterley Trip
Thursday 5th	Utilita Arena Trip
Tuesday 24th	Media Trip to Cineworld High Wycombe
Monday 30th to Friday 3rd April	Enrichment Week