



Media Trip to Sky Studios

On Thursday 17th September, Media students at Parkside enjoyed a trip to Sky Studios in Osterley, exploring life in front of, and behind the camera. This was a fantastic opportunity for the students to bring their classroom learning to life and develop their creativity, work together and discover potential careers in the Media and production field.



NHS Parent Webinars:

Please see the attached information about upcoming free parent webinars from the CNWL London Mental Health Support Team in Hillingdon. A range of topics will be covered to help parents and carers support young people's wellbeing. All sessions are free to join, so please take a look at the poster for further information.

For more information visit: (<https://www.cnwl.nhs.uk/>).

Free NHS flu vaccinations at school

Help protect your child and those around them from flu this winter. The NHS School Aged Immunisation Service will be offering eligible children their free flu vaccination at school. Getting vaccinated helps protect your child and can also reduce the spread of flu to family, friends and the wider community. A porcine-gelatine-free injectable alternative to the nasal spray is available for families who prefer this option.

For more information visit our website: (<https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-nhs-flu-vaccination-at-school>).


VACCINATION UK

Protect Yourself This Winter

Get Your FREE School Flu Vaccine

Vaccinated at school, protected for winter - an easy and convenient way for your child to receive their free flu vaccine during the school day.



All secondary school students are being offered a FREE NHS flu vaccination this autumn.

- ✓ Offered during the school day
- ✓ All eligible year groups are invited
- ✓ Parents/carers will receive an email requesting consent before the vaccination session.

There are two vaccine options:

- Nasal spray (the preferred vaccine for most children)
- Injectable flu vaccine (gelatine free, available when appropriate)

Getting vaccinated helps reduce the spread of flu and protects those most at risk.

Look out for your consent email and complete it before your school's vaccination day.



For more information about vaccines:
www.schoolvaccination.uk



Part of the NHS School Aged Immunisation Service

		Week Commencing: Monday 28th September 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>		

 September to October 2026	
September	
Tuesday 29th	Open Evening
October	
Tuesday 6th	Year 11 Jack Petchey Workshop
Tuesday 20th	Year 10 SORTED workshop
Friday 23rd	Term Ends
Monday 25th to Friday 30th	Enrichment Week