PARKSIDE STUDIO COLLEGE
Wood End Green Road,
Hayes, Middlesex, UB3 2SE

COLLEGE NEWS

PSC424

FRIDAY 2ND OCTOBER 2026

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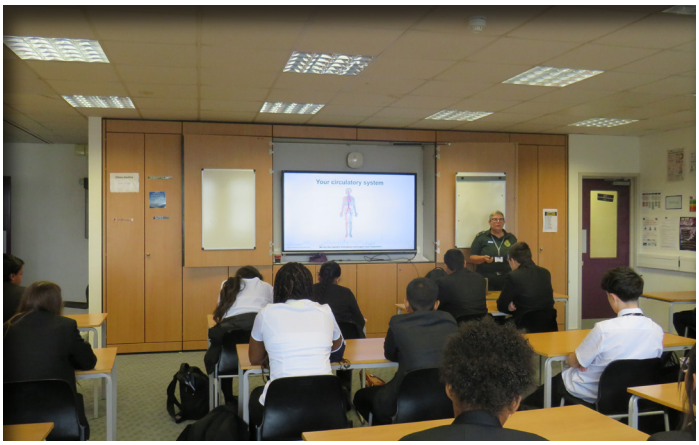
Your Life, You Choose – *Making Positive Choices*

Our students recently took part in an engaging and thought-provoking "Your Life, You Choose" workshop, delivered with the support of SORTED, Youth Justice, Paramedics and the Police. The session provided students with an opportunity to learn about the real-life consequences of the choices they make and how those choices can impact themselves, their families and their wider community. Through honest discussions and practical scenarios, students explored topics including crime, violence, antisocial behaviour, drugs, personal safety and making positive decisions.



A key part of the workshop was hearing directly from professionals who work with young people and respond to the consequences of risky behaviour. The Police and Youth Justice teams shared valuable insights into the legal consequences of offending, while Paramedics explained the realities of dealing with emergencies and the potentially life-changing impact of violence and substance misuse. SORTED also provided guidance and support around making safer and healthier choices.

The workshop encouraged students to think about their future, take responsibility for their decisions and understand that every choice can have consequences.
We would like to thank SORTED, Youth Justice, the Police and Paramedics for giving our students such an informative and powerful learning experience.

Free BrightPath Support for Children and Families:

Families can access BrightPath, a free programme from the Blue Magpie Foundation providing remote one-to-one educational, mentoring and wellbeing support for children aged five and over. BrightPath can support young people with Maths, English and Science, as well as confidence, mental health and wellbeing, and additional needs or SEND. Sessions are designed around the individual learner and can be accessed from home, providing additional encouragement and support in a welcoming environment.

Please take a look at our website to find out more about BrightPath and the support available to your family: [https://www.therosedalehewensacademytrust.co.uk/news-and-events-1/latest-news/free-brightpath-support-available-for-children-and-families].

Quote of the Week

'The future belongs to those who believe in the beauty of their dreams'.

Eleanor Roosevelt

Week Commencing: *Monday 5th October*

MENU 1

MONDAY		
Meal Choice 1	Lamb Curry with Rice	**Halal**
Meal Choice 2	Teriyaki Chicken with Rice	**Halal**
Meal Choice 3	Teriyaki Chicken with Rice	**Non Halal**
Meal Choice 4	Baked Jacket Potato with Various Fillings	**Vegetarian**
Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans	**Gluten/Dairy Free**
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	*Strawberry Ice Cream and Fresh Strawberries*	*Fresh Fruit and Yoghurts*
TUESDAY		
Meal Choice 1	Spaghetti Bolognese	**Halal**
Meal Choice 2	Tandoori Chicken Breast with White Rice	**Halal**
Meal Choice 3	Tandoori Chicken Breast with White Rice	**Non Halal**
Meal Choice 4	Ratatouille Spaghetti	**Vegetarian**
Meal Choice 5	Bolognese with Gluten free Pasta	**Gluten/Dairy Free**
Vegetables	Carrots, Peas and White Cabbage	
Dessert Choice	*Jam Sponge*	*Fresh Fruit and Yoghurts*
WEDNESDAY		
Meal Choice 1	Tuna Pasta Bake	
Meal Choice 2	Chicken Tikka Masala with Rice	**Halal**
Meal Choice 3	Chicken Tikka Masala with Rice	**Non Halal**
Meal Choice 4	Macaroni Cheese	**Vegetarian**
Meal Choice 5	Lightly Spiced Chicken Breast with Rice	**Gluten/Dairy Free**
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	*Lemon Tart*	*Fresh Fruit and Yoghurts*
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	**Halal**
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	**Halal**
Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	**Non Halal**
Meal Choice 4	Cauliflower and Broccoli Cheese Bake	**Vegetarian**
Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy	**Gluten/Dairy Free**
Vegetables	Mushy Peas and Sweetcorn	
Dessert Choice	*Strawberry Jelly*	*Fresh Fruit and Yoghurts*
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	**Vegetarian**
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	**Gluten/Dairy Free**
Vegetables	Baby Carrots and Peas	
Dessert Choice	*Fresh Fruit Salad*	*Fresh Fruit and Yoghurts*

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

October 2026

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