

Year 11 Talk the Talk Workshop – Jack Petchey



On Tuesday 6th October, Year 11 students at Parkside took part in an engaging 'Talk the Talk' workshop, delivered by the Jack Petchey Foundation. The interactive session focused on developing positive communication skills, building self-confidence and helping students to communicate effectively in a range of situations.



The workshop was particularly valuable as students prepare for their upcoming mock interviews and college applications. Students explored practical strategies to present themselves confidently, communicate their strengths and aspirations, and respond effectively when speaking with others.



The session provided students with valuable transferable skills and increased their awareness of the importance of confident communication. These skills will support them in their next steps, helping them to approach interviews, applications and future opportunities with greater confidence and self-belief.



Uniform Standards Reminder

At Parkside Studio College, we take great pride in maintaining high standards of appearance and presentation. Wearing the correct college uniform helps to create a positive learning environment, promotes a sense of belonging, and ensures that all students represent the College with pride.

Parents, guardians and carers are kindly reminded to ensure that students attend college each day in full uniform, including correct footwear and tie, with shirts tucked in and top buttons fastened. Skirts should be of an appropriate length, and jewellery, hats, caps, extreme hairstyles, and excessive make-up are not permitted. These expectations help maintain the high standards we expect across the College.

For full details of our uniform requirements, please visit: [\[https://www.parksidestudiocollege.co.uk/uniform-requirements\]](https://www.parksidestudiocollege.co.uk/uniform-requirements).



UNIFORM STANDARDS

It is important that students wear their full school uniform when attending the College.

- ☒ Black Plain Shoes with Black Tights and Socks
- ☒ Top Button Done Up and Shirt Tucked In
- ☒ Correct Tie that is Long in Length
- ☒ No Jewellery, Hats or Caps
- ☒ No Extreme Hairstyles or Excessive Make-Up
- ☒ Skirt Knee Length



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Upcoming Enrichment Week

Please be reminded that Monday 26th October through to Friday 30th October 2026 is Enrichment Week. Students in Years 9, 10 and 11 will be invited to attend if they need to catch up on their coursework. Letters will be sent home to parents, guardians and carers, informing them of what the week will entail, from intervention classes to exciting activities to catch-up sessions. If you have any questions or require any further information, please do not hesitate to contact the College.

	Week Commencing: Monday 19th October
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
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 to November 2026	
	
October	
Tuesday 20th	Year 10 SORTED Workshop
Friday 23rd	Term Ends
Monday 25th to Friday 30th	Enrichment Week
November	
Monday 2nd	Term Begins