

Girls' Day

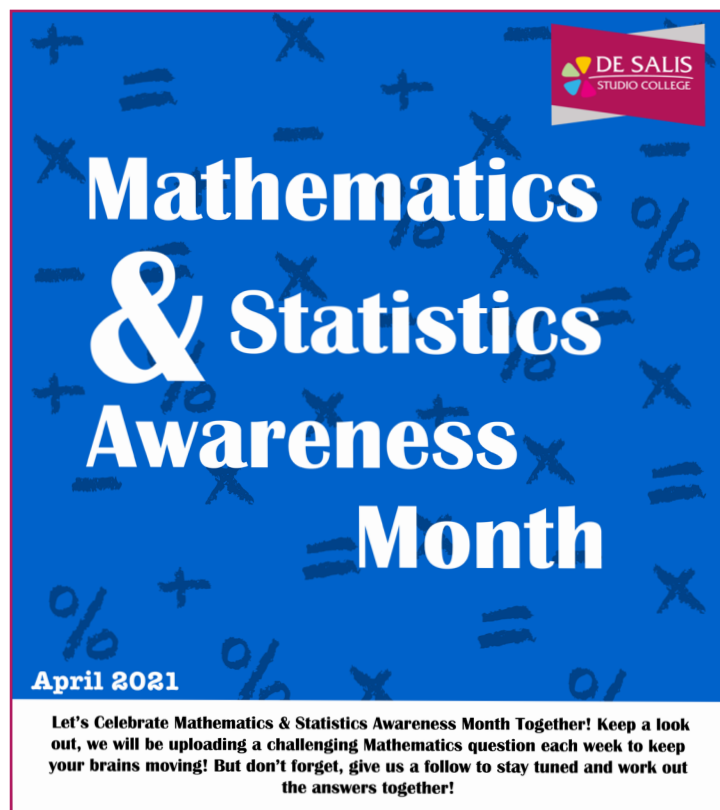
Our Year 9 young ladies were in for a treat at the most recent Girls' Day under the theme, 'Women Empowerment - Charting your way to success'.

The young ladies started the session with mindfulness as they sang along to their favourite songs and showcased their talents in the creative arts. Our guest speaker for the day was Mrs. Simone Chimeura, who is a clinical research professional and property investor. She inspired our girls to find their passion and be persistent with their intention and actions. She encouraged them to be and celebrate themselves as individuals, while maintaining a positive and optimistic mindset, thoughts and beliefs, which was the highlight for one of our students - Jada.

Our young ladies were left with a reminder, not only to stand firm in their spirituality, but with sound words from Oprah Winfrey - to "create the highest, grandest vision possible for your life, because you become what you believe". A big thanks to one of our fellow colleagues for our delicious cake which was the cherry on top as our young ladies completed their vision boards.



Mathematics and Statistics Awareness Month



Mathematics & Statistics Awareness Month

April 2021

Let's Celebrate Mathematics & Statistics Awareness Month Together! Keep a look out, we will be uploading a challenging Mathematics question each week to keep your brains moving! But don't forget, give us a follow to stay tuned and work out the answers together!

As a part of Mathematics and Statistics Awareness Month, De Salis have been challenging students with a weekly Mathematics question, followed by the solution each Friday for the month of April. Head over to the De Salis Instagram account @Desalisstudio to join in!

Absence Reporting

In the event of your child being unable to attend college, please contact the main reception on 020 3819 3421 before 8:45am. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent. The only exception to this, is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital. The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college. Thank you.


Attendance

We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of students and their level of attainment. Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of college hours. The expectation of the governing body is that all students will achieve a minimum annual attendance rate of 96%. The only circumstances in which absence from college will be authorised are when your child is too ill to attend or permission for leave of absence, due to exceptional circumstances, has been received from the Principal.

	Week Commencing: <i>Monday 26th April</i>	
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	<i>Strawberry Ice Cream and Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Jam Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Lemon Tart</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Strawberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Fresh Fruit Salad</i>	<i>Fresh Fruit and Yoghurts</i>
<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>		

Quote of the Week

"The more positive emotions you feel, the happier you are. On the other hand, the more you indulge in negative emotions like anger and frustration, the unhappier you are." - Maximilian Weigand

		APRIL to MAY 2021	
APRIL			
Thursday 1st to Friday 30th		Mathematics and Statistics Awareness Month	
MAY			
Monday 3rd		Bank Holiday	
Monday 31st		Bank Holiday	