

## De Salis Annual Boss Day

On Wednesday 15th December, De Salis held its annual Year 11 Boss Day. The day started with guest speakers, who talked students through their own business skills and strategies, and how they too can become successful business owners. Students were later involved in a business-related challenge and each were given a personalised 'Boss Day' notebook and pen as memorabilia of the day. A massive thank you to our guest speakers, and we look forward to hosting another in 2022!





## UPDATE ON FACE MASKS

We have reviewed the current circumstances regarding face masks in line with the recent government guidelines and would like to reiterate the importance of all students being highly recommended to wear face coverings in all communal areas of the College campus, including classrooms as well as on public transport and the minibuses.

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### College Uniform

The College uniform plays a valuable role in supporting positive behaviour for learning and contributes to the ethos of the College. It is designed to instil a sense of pride, identity and belonging. All students are required to wear full college uniform when attending college for normal lessons, representing their college, or when participating in a college event outside normal college hours and on educational trips and visits.

### Precautionary Measures for Coronavirus

- Updated

Following a letter received from the Secretary of State for Education which provided an update on the return to college after the holiday, we have reviewed the coronavirus (COVID-19) measures currently implemented across the College.

From the start of term, wearing face coverings will still be recommended in classrooms, all communal areas and on transport until Wednesday 26th January at which point this will be reviewed. Additionally, the 10 day self-isolation period for individuals who test positive for coronavirus has been reduced to 7 in most circumstances. From Tuesday 11th January, anyone who receives a positive lateral flow device (LFD) test should report their results and must self-isolate immediately; they will not be required to undertake a follow up polymerase chain reaction (PCR) test. Finally, a new national approach to daily testing for COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 should take a LFD test every day for 7 days instead of self-isolating. For further information, please refer to the letter that was distributed this week via (<https://bit.ly/34lqDu5>).

We encourage students to test twice weekly using the LFD tests and to report results to both the NHS and college, and we urge everyone to ensure they engage with the vaccination programme, including boosters when eligible. Please be reminded that students should not come into college if they are experiencing any COVID-19 symptoms. Should your child develop symptoms, they must immediately self-isolate and arrange a test by calling 119 or visiting (<https://www.gov.uk/get-coronavirus-test>).

### Mental Health Support

## URGENT MENTAL HEALTH SUPPORT 24/7

**Worried about your mental health?**

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need - including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
	North Central London	Barnet, Camden, Enfield, Haringey and Islington
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

	<b>Week Commencing: Monday 10th January</b>	
<b>MENU 1</b>		
<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
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
<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>		

### Emergency Contacts

In the best interest of your child's wellbeing whilst at college, it is vitally important, that in the event of an emergency, we are able to make contact with you or another emergency contact, as quickly as possible. To this end, we would like to remind all parents, guardians and carers to keep your contact details updated with the College and to ensure that you provide up-to-date details of at least two other emergency contacts for your child. Thank you.

### Quote of the Week

"When words fail, music speaks." - Shakespeare

<div style="float: right; font-size: 2em; font-weight: bold;">January 2022</div>		
<b>JANUARY</b>		
Tuesday 11th	4:00 to 5:00pm	After College Clubs