

## Year 10 Geography Trip

Year 10 Geography students set off for the South Coast to visit the Birling Gap and appreciate the threats of coastal erosion, where there had been a row of 8 cottages, with only 4 now remaining, the others have since fallen into the sea! This view has been much painted and used in many film locations. It is sad to see that once again the sea is eroding the cliffs and hard management is now under way.



## Student Voice Voting

This week, students made their campaign for Student Voice Chair to their classmates. The two students with the most votes will be elected Chair and Vice Chair of the De Salis Student Voice, where they will be involved in decision making, along with weekly council meetings. Student voice will be responsible for filtering requests from their peers and bringing them to the attention of the Senior Leadership Team.

## Student Voice Election

Please place an X in the box for the student that you would like to vote for as Chair.

Please remember you can only select one!

Antonia Verdes

☐

Katrina Bhema

☐

### Year 11 Higher Education Fair

On Tuesday 11th and 18th October, from 9:00 to 11:00am, Year 11 students will get the chance to meet with local Higher Education providers to discuss next steps after Year 11 and the opportunities that may be available to them. Our Higher Education Fairs always prove to be a success and this one will be no exception.

### Year 11 NHS NextGen Workshop

On Tuesday 11th October from 12:30 to 4:00pm, Year 11 students will take part in the NHS NextGen workshop. The aim of the workshop is to show those with or without an interest into the working world of a nurse. Students will take part in activities which will relate to team building and understanding the responsibilities of a role in the NHS.

### Year 10 R2S Workshop

On Tuesday 18th October, female students in Year 10 will take part in the R2S Self Care Workshop. Students will learn the importance of self-confidence and self-care with tailored talks and true story scenarios.

### 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.

### De Salis Car Park

Please be note that the car park gate will be closed from 8.45am. We would like to remind parents, guardians and carers, that the car park on the De Salis site is for the use of staff only. This is to minimise the risk of an accident involving children accessing and egressing the College. We thank you in advance for your cooperation in this matter.


### Free School Meal (FSM) Entitlement

'Free School Meals' is a statutory means-tested benefit, which provides a child with meals at school or college for free. If you believe you may be entitled to this benefit for your child, please attend the College reception and request an application form. The member of staff on reception will be able to advise any parents, guardians or carers who are unfamiliar with the process for claiming 'Free School Meals'. Please note that parents, guardians and carers must reapply each year for this benefit.

	<b>Week Commencing: <i>Monday 10th October</i></b>	
<b>MENU 2</b>		
<b>MONDAY</b>		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	<i>Strawberry Mousse with Fresh Strawberries</i>	<i>Fresh Fruit and Yoghurts</i>
<b>TUESDAY</b>		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	<i>Chocolate Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
<b>WEDNESDAY</b>		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	<i>Fruit Tarts</i>	<i>Fresh Fruit and Yoghurts</i>
<b>THURSDAY</b>		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	<i>Vanilla Cheesecake</i>	<i>Fresh Fruit and Yoghurts</i>
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	<i>Apple Pie</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

"Self-sufficiency is the greatest of all wealth." - *Epicurus*



# OCTOBER 2022

OCTOBER		
Tuesday 11th	9:00am to 11:00am	Year 11 Higher Education Fair
	12:30 to 4:00pm	Year 11 NHS NextGen Workshop
Tuesday 18th	9:00 to 11:00am	Year 11 Higher Education Fair
	9:00 to 11:00am	Year 10 R2S Workshop 2:00 to 3:00pm