

Sports Medal Ceremony

In a post Sports Day celebration, De Salis gathered together to watch as their fellow classmates received medals for their achievements and fantastic sportsmanship during the De Salis Summer 2022 Sports Day. A big well done to everyone who participated!



Assessment Week

Monday 19th to Friday 23rd September is Assessment Week. Students should attend in full college uniform and be equipped with the following:

- 2 Pens (black or dark blue ink)
- 2 Pencils
- Ruler
- Eraser
- Pencil sharpener
- Highlighter
- Calculator
- Protractor
- Pair of compasses

The support of parents, guardians and carers in this matter is appreciated.

Enrichment Week

Please be reminded that Monday 26th through to Friday 30th September 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 on 020 3819 3421.

Year 10 Geography Trip

On Tuesday 27th September, Year 10 Geography students will head to the South Coast for an exciting but informative trip which will include the South Downs, River Meanders, Ox-bow Lakes at Cuckmere, and coastal management at Seaford, among other areas of the Southcoast. The trip will depart at 8:00am and return by 6:00pm. Letters will be distributed with further information.

Year 11 Countryside Trip


On Wednesday 28th September, Year 11 will attend their termly Countryside Trip, this time to Ivinghoe Beacon and College Lake near Tring. The trip will depart at 10:00am and return by 4:00pm. Letters will be distributed with further information.

Year 9 Countryside Trip

On Thursday 29th September, Year 9 will attend their termly Countryside Trip, this time to Hodgemoor Woods. The trip will depart at 10:00am and return by 4:00pm. Letters will be distributed with further information.

Quote of the Week

Because one believes in oneself, one doesn't try to convince. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her - *Lao Tzu*

	Week Commencing: Monday 19th September MENU 3
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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		



SEPTEMBER 2022

SEPTEMBER		
Monday 19th to Friday 23rd		Assessment Week
Monday 26th to Friday 30th		Enrichment Week
Tuesday 27th	8:00am to 6:00pm	Year 10 Geography Trip
Wednesday 28th	10:00am to 4:00pm	Year 11 Countryside Trip
Thursday 29th	10:00am to 4:00pm	Year 9 Countryside Trip