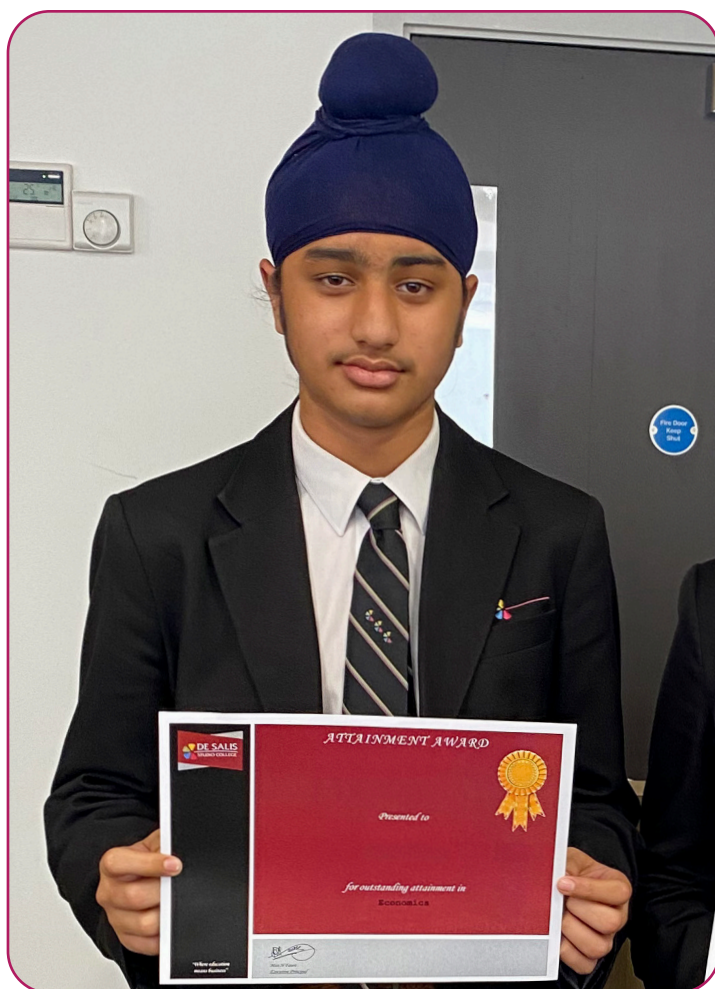


## Achievement Assembly

What better way to celebrate than an assembly focused on achievement? This term we are especially proud of our new Year 9 cohort and equally proud of those stepping up into the next academic year at De Salis. Well done everyone, keep up the hard work and we look forward to our next celebration!



## Enrichment Timetable

Please be reminded that Monday 26th through to Friday 30th September is Enrichment Week. Students in Years 9, 10 and 11 have been invited to attend if they need to catch up on their coursework. Letters have been 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.

Monday	Tuesday	Wednesday	Thursday
<b>Year 9</b>	<b>Year 10</b>	<b>Year 10</b>	<b>Year 9</b>
Mathematics 9:00 to 11:00am	Geography Trip 8:00am to 6:00pm	Literacy Skills 9:00 to 10:00am	Countyside Trip 10:00am to 4:00pm
English 9:00 to 11:00am	Mathematics 10:00am to 12:00pm	English 9:00 to 11:00am	Literacy Skills 9:00 to 10:00am
CPR 2:00 to 4:00pm	<b>Year 11</b>	Business 12:00 to 1:00pm	<b>Year 10</b>
<b>Year 10</b>	Business 12:00 to 1:00pm	<b>Year 11</b>	Geography 9:00 to 11:00am
Geography 10:00 to 11:30am	Mathematics 12:00 to 2:00pm	Countryside Trip 10:00am to 4:00pm	Science 2:00 to 4:00pm
Business 11:30am to 12:30pm	Geography 12:00 to 2:00pm	Information Technology 9:00 to 10:30am	<b>Year 11</b>
Economics 2:00 to 4:00pm		Geography 12:00 to 2:00pm	Information Technology 9:00am to 12:00pm
<b>Year 11</b>		English 2:00 to 4:00pm	Science 12:00 to 2:00pm
Mathematics 9:00 to 10:00am			
English 9:00 to 11:00am			

## 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.

	<b>Week Commencing: Monday 26th September</b>	
<b>MENU 4</b>		
<b>MONDAY</b>		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	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>		

## Quote of the Week

"The harder the battle, the sweeter the victory." - Les Brown



# SEPTEMBER 2022

SEPTEMBER		
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