

Year 9 CPR Workshop

We have been back again with our CPR sessions at De Salis! Students in Year 9 learned how to administer CPR by practising on individual mannequins, and provided written answers in their CPR worksheets. In addition to acquiring this potentially life-saving skill, students also learned the location of the campus defibrillator and saw first-hand what a defibrillator really looks like and how to use it.



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.

#AskAboutAsthma campaign by Healthy London Partnership

Did you know that children and young people with asthma should have an asthma action plan to help manage their condition?

This is one of four #AskAboutAsthma asks which we want every Londoner to be aware of:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health

Together we can raise awareness around #healthinequalities and how to address them so every child and teenager has the right asthma care in place and go on to live a full, active life. We are proud to support #AskAboutAsthma. Find out more about the 2022 campaign at www.healthylondon.org/ask-about-asthma.



NHS

This year we will be highlighting inequalities in care for children and young people with asthma and how these can be addressed


#AskAboutAsthma
3 - 9 October 2022

healthylondon.org/ask-about-asthma

		Week Commencing: <i>Monday 3rd October</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

"Worry is a down payment on a problem you may never have."
- Joyce Meyer



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
	2:00 to 3:30pm	Year 10 R2S Workshop