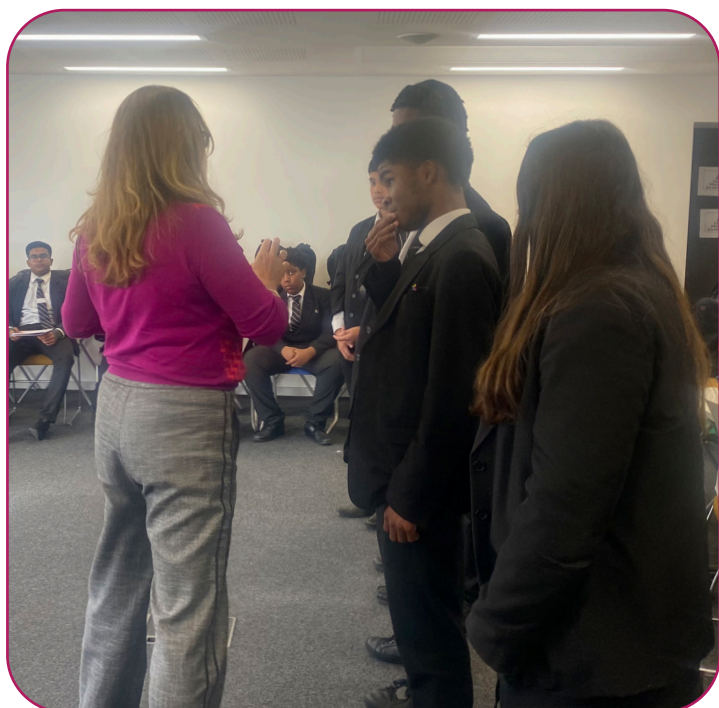


## Jack Petchey Speak Out Challenge

The Jack Petchey Speak Out Challenge is a yearly tradition at De Salis; it allows students to gain confidence in front of their peers as well as larger audiences, who invite them to 'speak out' on their chosen topic. This year was no exception, with students working hard to overcome their nerves and taking to the stage to speak in front of others. Thank you, Laura, for bringing our students out of their comfort zones, and we look forward to the finals on 6th December 2022!



## Operation Makepeace Workshop

This week, Chris from the Metropolitan Police attended De Salis Studio College to give a talk that covered many different issues young people are currently facing or hearing about in the media. These included policing by consent, discussions about shooting by police, what is meant by snaking, snitching and grassing, followed by a brief look at UK terrorism. Students and staff found the talk to be really insightful. A massive thank you to Chris for taking time out of his busy schedule!





## Christmas Wreath Sale

Should you wish to buy any of the Christmas decorations made by our Retail and Business students, please scan the QR code below or visit our Instagram account @desalisstudio for further information.

**CHRISTMAS WREATHS**  
*Limited Availability*  
**Collections from 12th December**  
 Table Decorations: £10.00  
 Door Wreaths: £20.00  
**To Order:**  
 Please visit our instagram account for more details or Scan the QR code to start your order!  
 Please note that orders are cash only!

020 3819 3421  
 @desalisstudio

## Free Christmas Lunch

As we draw close to the end of term and join together in many festive activities we are proud to say we will also be hosting a free Christmas Lunch for all De Salis students, which will take place on Wednesday 14th December 2022 at 1:30pm. Students are not required to pre-order their meals, however they may be asked to complete a short form for quantity purposes.

**MAINS**  
 ROAST TURKEY  
 RICH ONION GRAVY  
 PORK CHIPOLATA WRAPPED IN SMOKED BACON  
 AVAILABLE IN HALAL AND NON HALAL

**VEGETARIAN**  
 3 X MINI SAVOURY TARTS

ALL MAINS SERVED WITH:  
 ROASTED ROSEMARY AND THYME POTATOES  
 SAGE AND ONION STUFFING  
 YORKSHIRE PUDDING  
 HONEY GLAZED BABY CARROTS  
 BABY BUTTERED BRUSSELS SPROUTS

**DESSERT**  
 RICH CHOCOLATE CAKE WITH A CARAMEL FUDGE SAUCE  
 FRESH FRUITS AND YOGHURTS

**CHRISTMAS MEAL**  
 WEDNESDAY 14TH  
 DECEMBER 2022

	<b>Week Commencing: Monday 5th December</b>
	<b>MENU 1</b>

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	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
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	Jam Sponge	Fresh Fruit and Yoghurts
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	Lemon Tart	Fresh Fruit and Yoghurts
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	Strawberry Jelly	Fresh Fruit and Yoghurts
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	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>		

## Quote of the Week

"There is no easy or quick plan to happiness, there is no single spot where you can start. Where you are right now is the best place to begin." - Mark Twain

DECEMBER 2022		
DECEMBER		
Monday 12th	Selected Times	Year 9, 10 and 11 Achievement Assembly
Wednesday 14th	All Day	Year 9 Your Life, Your Choice Workshop
	1:30pm	Christmas Lunch
Friday 16th	9:00am to 2:00pm	Year 11 Coca-Cola Trip
	12:00pm	End of Term