

Religions of the World

As part of our Religions of the World programme, De Salis visited our local Gurdwara in Southall. Our students were warmly welcomed and received, educated and fed. Our hosts shared traditions in the spirit of unity. In our diversity we are strong. In our strength we are united. In our unity we are De Salis.



Cycling to and from College

Cycling to college is a very enjoyable and healthy means of transport for students. However, please ensure that the following guidance is taken into consideration when allowing your child to cycle to college:

- Students must be competent cyclists and be fully aware of the rules for safe cycling on the road;
- Students must show due care and attention and must cycle in a manner that is not dangerous to themselves, pedestrians or other road users;
- The bicycle must be maintained in a roadworthy and safe condition;
- Students must wear a cycle helmet;
- Students must wear fluorescent or reflective clothing;
- The bicycle must be equipped with adequate lighting, especially during the winter months or at other times when required;
- The bicycle must be wheeled once on the College campus and not ridden so as to reduce the risk of an accident.

Once at college students must secure the bicycle with a chain and/or lock in the cycle bay only. The College cannot accept responsibility for theft of bicycles or parts from bicycles, for damage to, or accidents arising from use of bicycles, or for non-compliance with laws relating to bicycles.

Punctuality

We would like to remind parents, guardians and carers of the importance of all students having a positive start to their day by arriving at college on time. All students are expected to be in college for morning registration at time. If you receive a communication from the College that your child has been late on more than one occasion, please discuss this with them and support them so that they arrive at college on time. Students who are persistently late will be referred to the Educational Welfare Officer.

Facebook - Stay Connected

Follow us on Facebook via (<https://www.facebook.com/T.R.H.AcademyTrust>) for the exciting content we post each week and gear up for many more memorable snapshots encapsulating the valuable opportunities offered, providing students with engaging, exhilarating and unimaginable experiences!

Available Support for Young People

Maintaining good mental health is crucial to overall wellbeing. Fortunately, there are many support services available for children and young people.

SSS Learning has produced a free resource designed to offer advice on how families can safeguard their children's mental health and promote their wellbeing. For 10 top tips on practical ways to positively promote your child's mental health, please visit (<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pi==>).

Kooth is a support service that provides ideas for relaxation and mindful activities to help reduce stress and anxiety, as well as offering emotional and mental health support; (<https://www.kooth.com/>). Additionally, YoungMinds is a national charity championing the emotional wellbeing and mental health of young people by offering support, advice and guidance to ensure they can access the right help; (<https://youngminds.org.uk/>).

	Week Commencing: <i>Monday 22nd January</i>	
	MENU 3	
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	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Brownie Tray Bake</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

"Don't step backward toward nothing. Step forward toward something. Better awkward steps forward. Than coward steps backward." - Victoria Addino

		
January 2024		
January		
Friday 19th	10:30am to 12:00pm	KS3 Church Visit
February		
Thursday 1st	9:30am - 3:00pm	Careers Advisor
Tuesday 6th	All Day	Year 11 Geography Field Trip