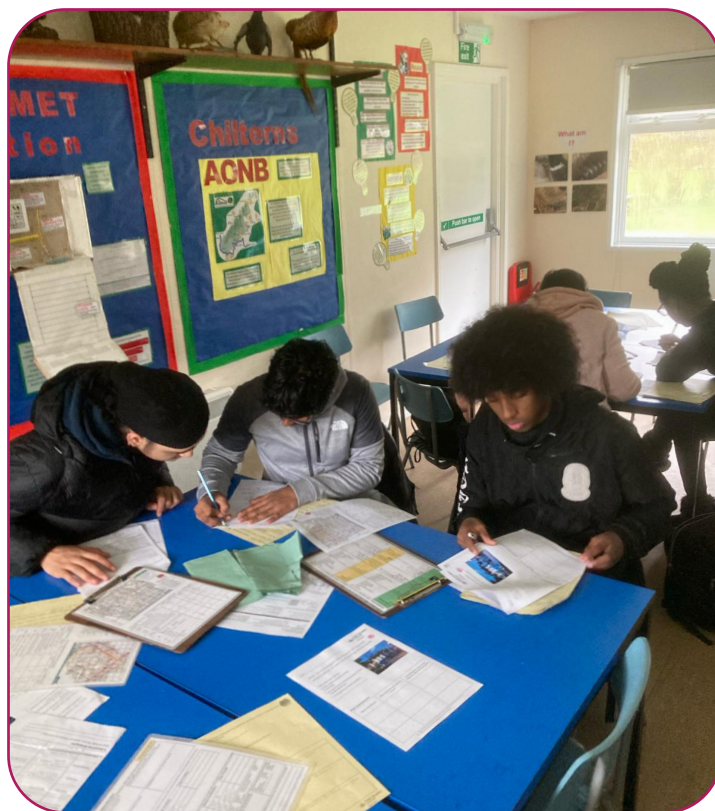


Physical Geography Trip

Year 11 Geography students focusing on Counter-Urbanisation spent a day at Amersham Field Studies Centre. From there they braved the wet weather to conduct field work activities in Amersham and Holmer Green. Excellent preparation for Edexcel B: Paper 2!



Student Led Hot Chocolate Stand

Students at De Salis carried out their Hot Chocolate stands again this week, which enables students to actively engage in their business work whilst planning and preparing before selling to their peers, including Parents, Guardians, Carers and Visitors.



Year 11 Trial Examinations

We would like to remind all parents, guardians and carers that Year 11 students at De Salis will continue sitting their GCSE trial examinations this week from Monday 4th to Wednesday 15th March, 2024.

All examinations will take place at De Salis, where students are expected to arrive promptly and at least 15 minutes prior to the start of each examination session. All students are expected to wear full college uniform and attend all examinations with the necessary equipment.

We wish all of our students the best of luck!

Trial Examinations - Supporting Your Child

As we approach the period of trial examinations, it is vitally important for students to settle into regular and structured home revision to give them the best possible chance of examination success.

Below are some tips for parents, guardians and carers on how to help your child with home revision:

- Provide them with a comfortable, quiet and well-lit area to work in
- Keep siblings occupied at revision times
- Ensure they are properly hydrated and are eating well
- Ensure they have adequate sleep
- Help them to put a home revision schedule together
- Break revision times into small 15-to-20-minute periods
- Ensure they have the books and equipment they need to properly revise
- Encourage them to adopt revision techniques such as writing brief notes to act as prompts
- Keep positive, create a 'can do' attitude

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.

	Week Commencing: Monday 4th March	
MENU 4		
MONDAY		
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
TUESDAY		
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
WEDNESDAY		
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
THURSDAY		
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
FRIDAY		
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 key to growth is acknowledging your fear of the unknown and jumping in anyway." - *Jen Sincero*

		
February 2024		
March		
Monday 4th to Wednesday 15th	All Day	Year 11 Trial Examinations
Thursday 7th	All Day	Year 9 Trip to Neasdon Temple
Thursday 14th	All Day	Post 16 Trip to House of Commons