

## Exploring the Great British Countryside

Exploring the Great British Countryside continues with Years 9 and 10 as we appreciated Hampstead Heath and Parliament Hill with their spectacular views of the iconic London skyline, which Charles Dickens described as 'the lungs of London!' A fabulous day all in all, and we even avoided the rain!



Cycling to and From College - Help Your Child Stay Safe

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.

Absence Reporting

In the event of your child being unable to attend college, please contact the main reception on 020 3819 3421 before 8.45am. In order for the College to ensure that all students are properly safeguarded, it is important for you to follow this procedure for every day your child is absent. The only exception to this is for extended periods of illness where the period of absence is explained in a note from your child's doctor or hospital. The College is required to account for all absences so please ensure your child brings a letter that verifies the reasons for their absence on their return to college.

Free School Meals - Application Process

'Free School Meals' is a statutory means-tested benefit, which provides a child with meals at school for free. If you believe your child may be newly entitled to this benefit, or if they received it last year and you would like to reapply, please attend the College Reception and request an application form.

The College Reception will also be able to advise any parents, guardians or carers who are unfamiliar with the process for claiming 'Free School Meals'. The Free School Meals benefit does not automatically renew; it must be reapplied for each academic year. It is important to note that until your child has been confirmed as receiving the Free School Meals benefit, their school lunches must be paid for.

Facebook - Stay Connected

Follow us on Facebook via (<https://www.facebook.com/I.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!

	<b>Week Commencing:</b> <i>Monday 29th April</i>	
<b>MENU 1</b>		
<b>MONDAY</b>		
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>
<b>TUESDAY</b>		
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>
<b>WEDNESDAY</b>		
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>
<b>THURSDAY</b>		
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>
<b>FRIDAY</b>		
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>		



# April - May 2024

April		
Tuesday 30th	2:00 - 4:00pm	Michael Laughlin Talk
	4:00 - 5:00pm	Year 9 Introducing De Salis Meeting 2
May		
Wednesday 1st	All Day	De Salis Culture Day
Wednesday 8th	All Day	Your Life, Your Choice Workshop
Thursday 9th	Selected Times	GCSE Examinations Begin