



Hezron Brown Assembly

On Friday 31st January, Year 10 and 11 students enjoyed an assembly hosted by Hezron Brown. The theme around the assembly was Bullying and enabled students to feel focused and confident in a positive environment where they felt comfortable to discuss the topic and debunk the traits around bullying. Hezron is a frequent visitor of De Salis and our students always enjoy interacting with him.



Enrichment Week

Please be reminded that Monday 17th through to Friday 21st is Enrichment Week. Students in Years 9, 10 and 11 will be invited to attend if they need to catch up on their coursework. Letters will be sent home to parents, guardians and carers, informing them of what the week will entail, from intervention classes to exciting activities to catch-up sessions. If you have any questions or require any further information, please do not hesitate to contact the College on 020 3819 3421.

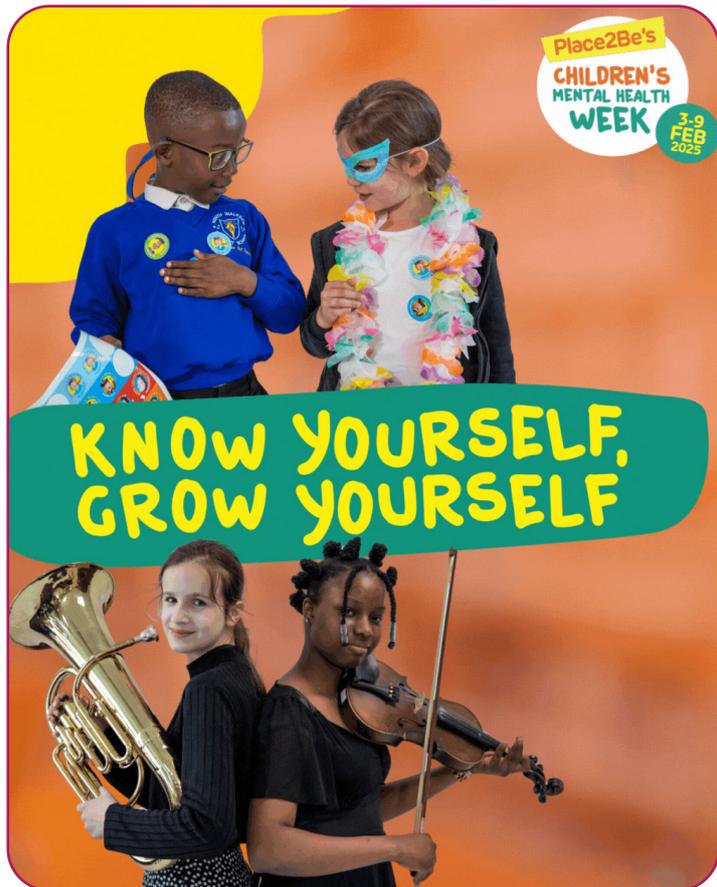
Children's Mental Health Week

Place2Be's Children's Mental Health Week 2025 is joining forces with Here4You to explore the importance of self-awareness and expressing emotions.

Here4You is supported by The Walt Disney Company, and through the characters of Pixar's Inside Out and Inside Out 2, they have produced resources to encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

Help us explore the theme of Know Yourself, Grow Yourself. Visit our website for top tips and creative activities to enjoy with your children at home.

[<https://www.therosedalehewensacademytrust.co.uk/place-2-be-know-yourself-grow-yourself>]



	Week Commencing: Monday 10th February	
	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	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

"Life is 10% what happens to you and 90% how you react to it."
- Charles R. Swindoll

	<h1>February 2025</h1>
February	
Wednesday 12th	Year 9 and 10 Girls Workshop at 10:00am Year 9 Boys Workshop at 3:00pm
Monday 17th to Friday 21st	Enrichment Week