

SORTED! Year 11 Workshop

SORTED Hillingdon visited our college to speak to Year 11 students about the dangers of drug use, focusing particularly on cannabis. Their talk highlighted the harmful effects of the drug, including its impact on mental health, motivation, and future opportunities. The session aimed to educate students on the risks of substance abuse and provided guidance on making informed, healthy choices. It was a valuable opportunity for students to gain awareness and understand the long-term consequences of drug use.



Year 8 Opening Evening

De Salis opened its doors to perspective students and parents. The event was well attended with a lot of students showing an interest in becoming a part of the De Salis community. The options areas had interactive and fun activities set out for students and parents alike to partake in. The feedback from the visitors was positive with most 'loving the ascetic of the college' and 'hopeful of their child getting a place to continue their education'.



Leading Parent Partnership Award

We are thrilled to announce that De Salis Studio College has been awarded the Leading Parent Partnership Award (LPPA) for 2025 to 2028! This accolade is a testament to our unwavering dedication to building strong, meaningful relationships with our parents, guardians, carers, and key stakeholders.

The LPPA report highlights our commitment to fostering a supportive and collaborative community. Our assessors have praised our efforts, noting that "Parent partnership is clearly a priority for De Salis Studio College and the leadership team has worked tirelessly since reassessment to further enhance their provision." This recognition reflects the hard work and dedication of our entire college community.

We are proud to continue our journey of excellence, ensuring that every family feels valued and engaged in their child's education. The full report can be found on the De Salis Studio College Website!



LPPA

OUR SCHOOL HAS ACHIEVED THE

Leading Parent Partnership Award

Developing positive relationships with parents

2025 - 2028



Accredited by  OPTIMUS EDUCATION



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Year 11 Trial Examinations

Year 11 trial exams continue to take place in to next week. It is vitally important for students to settle in to regular and structured home revision to give them the best possible chance of exam success. Below are some top tips for parents, guardians, carers and students to help support their exam journey.

PRACTICAL STRATEGIES FOR MANAGING EXAM STRESS

BEFORE EXAMS

- WORK ON A STUDY PLAN TOGETHER.** (Illustration: Calendar, pen, paper)
- CHAT ABOUT EXPECTATIONS AND GOALS.** (Illustration: Two people talking)

DURING EXAMS

- IDENTIFY STRESSORS, COPING MECHANISMS AND SUPPORTS.** (Illustration: Person with stressors)
- HELP THEM SET UP A STUDY SPACE.** (Illustration: Study desk)
- MAKE SURE THEY'RE EATING WELL.** (Illustration: Person eating)
- ENCOURAGE QUALITY SLEEP, EXERCISE AND MOVEMENT.** (Illustration: Person sleeping and exercising)

AFTER EXAMS

- ENCOURAGE TIME FOR FUN, SOCIALISING AND SELF-CARE.** (Illustration: Group of friends)
- CELEBRATE EFFORT OVER OUTCOME.** (Illustration: Cake)
- PROVIDE REASSURANCE AND PERSPECTIVE.** (Illustration: Graduation cap, suitcase, plane)
- HELP THEM SET NEW GOALS AND EXPLORE NEW PATHWAYS.** (Illustration: Graduation cap, suitcase, plane)

- ### 1 Make a revision timetable

Help set up your time management. Write down how many exams you have and on which days you have them. Then adjust your study accordingly. You may want to give some exams more time than others, so find a balance that works.
- ### 2 Get enough sleep and drink enough water

Being well hydrated is essential for your brain to work at it's best so make sure you drink plenty of water throughout your studies and on exam day.

Use sleep to your advantage and plan ahead. Don't over use caffeinated drinks in an effort to stay awake!
- ### 3 Think positively

Remind yourself on how you overcame previous set backs. This will help you deal with future challenges and help build a mental resilience. View the exam as an opportunity or as a challenge.
- ### 4 Take regular breaks

If you were training for a marathon, you wouldn't try to run for 24 hours a day. Likewise, studies have shown for long-term retention of knowledge, taking regular breaks really helps.

Everyone's different, so develop a study routine that works for you and don't feel guilty about being out in the sunshine instead of hunched over textbooks!
- ### 5 Don't compare yourself with others

Remember, everyone's different and everyone studies differently. Focus on yourself and not on others as this will stress you out. Instead, focus on what you can control.

	Week Commencing: <i>Monday 3rd March 2025</i>
	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	<i>Raspberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Jam and Coconut Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Vanilla Ice Cream with Peaches</i>	<i>Fresh Fruit and Yoghurts</i>
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	<i>Chocolate Sponge</i>	<i>Fresh Fruit and Yoghurts</i>
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	

Quote of The Week

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose" - Dr. Seuss

	<h1>March to April 2025</h1>
MARCH	
Monday 3rd	Trial Exams Commence
Tuesday 19th	French and Belgium Trip
Friday 21st	World Poetry Day