

Residential visit to Northern France and Belgium

At the end of the last half term, students took part in an exciting residential trip to France and Belgium, participating in a range of cultural, historical and educational experiences across the three days, Wednesday 25th to Friday 27th April.

The trip began with travel to France via the Eurotunnel, where students visited a traditional boulangerie and enjoyed a demonstration, before exploring the historic town of St Omer and the picturesque village of Cassel. Students then arrived at Le Château d'Ebblinghem, which served as the group's base throughout the visit.

During the trip, students visited Ypres in Belgium, where they explored the town and visited the Menin Gate to lay a wreath in remembrance of those who lost their lives during the First World War. Students also visited the Passchendaele Museum and Tyne Cot Cemetery, developing their understanding of the historical significance of the area and reflecting respectfully throughout the experience.

The final day saw students travel to Bruges, where they explored the city and took part in a chocolate-making workshop and demonstration. The visit provided students with the opportunity to experience local culture while also developing independence, confidence and teamwork outside of the classroom.

Students represented the College exceptionally well throughout the residential, demonstrating maturity, excellent behaviour and a positive attitude. The trip was a memorable experience and a valuable opportunity to support both academic learning and personal development.



Nutritious & Healthy Dinner Workshops



NUTRITIOUS AND HEALTHY DINNER WORKSHOPS

ALL INGREDIENTS SUPPLIED
(Vegetarian/Halal options)

Sessions	Date
Baked Sweet Potato with Spiced Chickpeas	14/04/2026
Sticky Chilli Chicken Stir-fry	21/04/2026
Vegetarian Paella Stuffed Peppers	28/04/2026
Chicken Tikka with Chapatti	05/05/2026
Roasted Tomato Risotto	12/05/2026
BBQ Chicken with Heathy Slaw	19/05/2026
Goan Fish Curry	02/06/2026
Baked Mediterranean Orzo	09/06/2026
Thai Green Chicken Curry	16/06/2026
Spicy Chicken & Avocado Wraps	23/06/2026

Tuesdays, 12:45-15:15 – max 3 sessions per person
 Learn Hillingdon, Civic Centre, High St, Uxbridge, UB81UW.

To book a space (Maximum of 3 sessions per person) please scan the QR code and complete our TL Enquiry Form or call - 01895 556252

Learn Hillingdon is offering hands-on Healthy Dinner Workshops this summer at the Civic Centre in Uxbridge, designed for adults who are on a low income, unemployed, or managing Type 2 diabetes or other medical conditions. These practical sessions help participants learn to cook simple, nutritious meals, with all ingredients provided, including vegetarian and halal options. There are 10 sessions available, with individuals able to attend up to three workshops, taking place on Tuesdays from 12:45pm to 3:15pm. Visit our website for more information: <https://www.therosedalehewensacademytrust.co.uk/nutritious-and-healthy-dinner-workshops>

School Lunch and iPAY

Parents, Guardians and Carers are reminded to kindly ensure that their child's iPay account is topped up regularly to allow them to purchase food during lunch and break times.

De Salis offers a wide range of meals and snacks each day, and students use their iPay accounts to pay for these items. Keeping accounts topped up helps ensure that students can access food without undue delay disruption during the College day.

We appreciate your continued support in checking and maintaining your child's iPay balance so that they are able to enjoy their meals and refreshments at College.

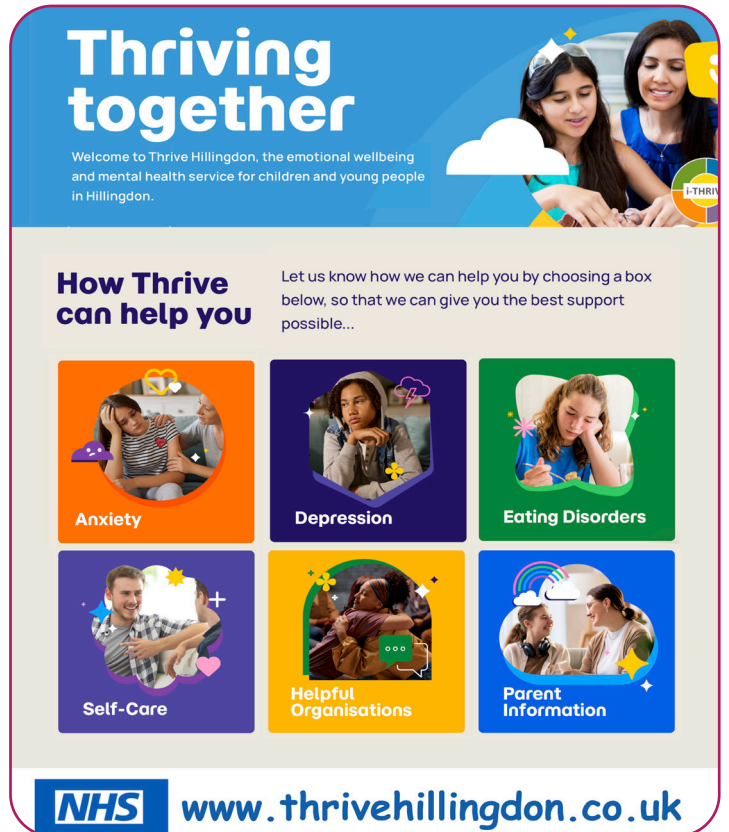
If your child receives Free School Meals, please note that this covers a meal at lunchtime only. Any snacks or food purchased during break time will need to be paid for using their iPay account.

Thrive Website Now Live! - Supporting Mental Well-being

A new online mental-wellbeing resource, Thrive Hillingdon, has recently been launched and is now available for families, young people, and professionals across the borough. The website brings together clear information, self-help tools, signposting, and a wide range of emotional well-being resources in one easy-to-access place. Its aim is to help children, young people, and their families understand what support is available locally and how to access it when needed.

We hope this will be a useful resource for our De Salis community.

You can visit the site here: <https://www.therosedalehewensacademytrust.co.uk/new-thrive-website-supporting-childrens-mental-wellbeing>



Thrive together

Welcome to Thrive Hillingdon, the emotional wellbeing and mental health service for children and young people in Hillingdon.

How Thrive can help you

Let us know how we can help you by choosing a box below, so that we can give you the best support possible...

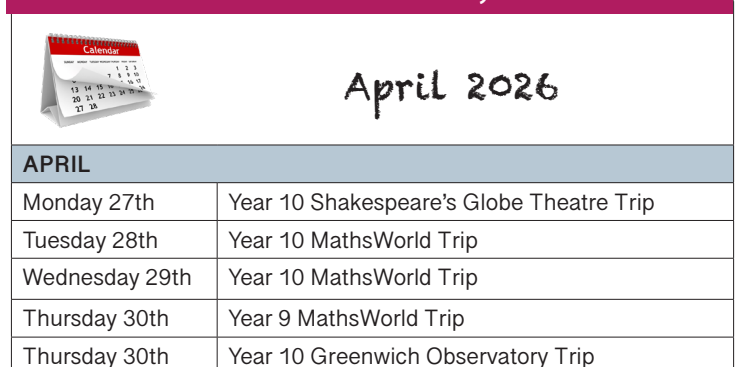
- Anxiety
- Depression
- Eating Disorders
- Self-Care
- Helpful Organisations
- Parent Information

NHS www.thrivehillington.co.uk

Quote of The Week

"Change your thoughts and you change your world." - Norman Vincent Peale

Dates for the Diary



APRIL

Monday 27th	Year 10 Shakespeare's Globe Theatre Trip
Tuesday 28th	Year 10 MathsWorld Trip
Wednesday 29th	Year 10 MathsWorld Trip
Thursday 30th	Year 9 MathsWorld Trip
Thursday 30th	Year 10 Greenwich Observatory Trip