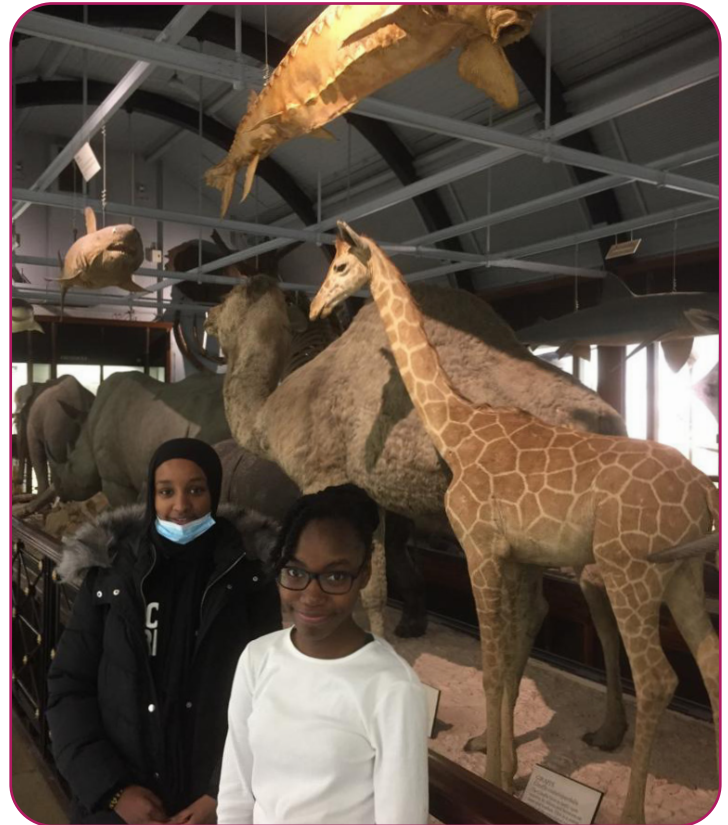




Our Great British Countryside

Enrichment trips are valuable to De Salis as they allow students to get outdoors and away from their everyday environment. Three trips were organised for students in Years 9, 10 and 11, making this the third excursion this academic year which encouraged students to embrace the fresh air, learn about the fauna and flora of the countryside in addition to having a lot of fun! Students travelled to Coombe Hill near Wendover in Buckinghamshire and discovered the fun of kite-flying (with varying degrees of success).

The views from the top of Coombe hill were breathtaking, affording a panorama of up to 80 miles and a view over the Prime Minister's country residence of Chequers. The groups then continued to Tring for a fantastic visit to the Rothschild Natural History Museum where over 60,000 specimens from the animal kingdom have been preserved for display. Students found the visit to be both interesting and educational and look forward to returning in the near future.



Changes to Coronavirus Testing

On Monday 21st February, the government removed the guidance for staff and students in most education and childcare settings to undertake twice-weekly asymptomatic testing. Staff and students of secondary age and above in Special Educational Needs and Disabilities (SEND) settings within mainstream settings are advised to continue twice-weekly testing. The education testing delivery channels will remain open so that staff and students of secondary age and above can access tests if needed to respond to local public health advice, in particular in relation to outbreaks. Staff and students are also able to access test kits from their local pharmacy or online via (<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>).

Changes to Self-Isolation

On Thursday 24th February, the government removed the legal requirement to self-isolate following a positive test. Adults and children who test positive will continue to be advised to stay at home and avoid contact with other people for at least 5 full days, and then continue to follow the guidance until they have received two negative test results on consecutive days. For further information about the changes to self-isolation and the daily testing of close contacts, please visit (<https://trhat.co.uk/covidpage-ds/>).

Year 11 Trial Examinations - Supporting Your Child

Trial examinations will take place for all Year 11 students from Monday 28th February to Friday 11th March. 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

World Book Day

With a continued commitment to promoting reading for pleasure, World Book Day will be celebrating its 25th year anniversary on Thursday 3rd March under the theme 'You Are a Reader'. For access to a plethora of secondary resources, reading recommendations and video lessons from your favourite authors, please visit (<https://www.worldbookday.com/secondary/>).

| | | |
|-----------------------------------------------------------------------------------|----------------------------------------------|--|
|  | Week Commencing: Monday 28th February | |
| | MENU 3 | |

| MONDAY | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------|
| Meal Choice 1 | Chilli Con Carne with Pitta Bread or Rice | Halal |
| Meal Choice 2 | Chicken Sausages with Mashed Potatoes and Onion Gravy | Halal |
| Meal Choice 3 | Chicken Sausages with Mashed Potatoes and Onion Gravy | 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 | Orange Jelly | Fresh Fruit and Yoghurts |
| TUESDAY | | |
| Meal Choice 1 | Chicken Tikka Masala with Rice | Halal |
| Meal Choice 2 | Beef Lasagne with Fresh Salad | Halal |
| Meal Choice 3 | Beef Lasagne with Fresh Salad | Non Halal |
| Meal Choice 4 | Vegetarian Lasagne with Fresh Salad | Vegetarian |
| Meal Choice 5 | Minced Beef with Gluten free Pasta | Gluten/Dairy Free |
| Vegetables | Broccoli and Cauliflower Florets | |
| Dessert Choice | Chocolate Mousse | Fresh Fruit and Yoghurts |
| WEDNESDAY | | |
| Meal Choice 1 | Lamb Koftas with Rice and a Yogurt and Cucumber Dip | Halal |
| Meal Choice 2 | Barbecue Grilled Chicken Breast with Rice | Halal |
| Meal Choice 3 | Barbecue Grilled Chicken Breast with Rice | Non Halal |
| Meal Choice 4 | Chickpea and Lentil Curry | Vegetarian |
| Meal Choice 5 | Barbecue Grilled Chicken Breast with Rice | Gluten/Dairy Free |
| Vegetables | French Beans and Sweetcorn | |
| Dessert Choice | Apple Crumble | Fresh Fruit and Yoghurts |
| THURSDAY | | |
| Meal Choice 1 | Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa | Halal |
| Meal Choice 2 | Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa | Non Halal |
| Meal Choice 3 | Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa | Vegetarian |
| Meal Choice 4 | Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa | Gluten/Dairy Free |
| Vegetables | Baby Carrots and Peas | |
| Dessert Choice | Vanilla Sponge with a Pineapple Ring and a Cherry | Fresh Fruit and Yoghurts |
| FRIDAY | | |
| Meal Choice 1 | Fish Fingers with Oven Baked Potato Wedges | |
| Meal Choice 2 | Salmon and Dill Fishcakes with Potato Wedges | |
| Meal Choice 3 | Chicken Fillet with Potato Wedges | Halal |
| Meal Choice 4 | Gluten free Fish Fingers with Gluten free Potato Wedges and Beans | Gluten/Dairy Free |
| Vegetables | Broccoli and Mushy Peas | |
| Dessert Choice | Chocolate Brownie Tray Bake | 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 two hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what we encounter." - Paulo Coelho



February to March 2022

| FEBRUARY | | |
|-------------------------------------------|----------------------------|---------------------|
| Monday 28th February to Friday 11th March | Year 11 Trial Examinations | |
| MARCH | | |
| Tuesday 1st | 4:00 to 5:00pm | After College Clubs |
| Thursday 3rd | World Book Day | |