

## InterContinental Hotels Group Visit

On Wednesday 7th September, Students from De Salis and Parkside had the opportunity to visit the InterContinental Hotels Group (IHG) Headquarters, where they took part in an interview skills and CV building workshop, which was part of their Giving for Good initiative. Each workshop was run by highly skilled specialists allowing students to gain the most out of each session. A big thank you to IHG for giving us a warm welcome and preparing our students with valuable life skills!



## Asthma Advisory Notice

The Hillingdon Champions of Asthma Team have requested we advise parents, guardians and carers of children who suffer from asthma to ensure their children take their preventative inhalers regularly every day, even if well, as we head towards the middle of September. This advisory has been published as this time of year normally proves to be the most troublesome time for asthmatics.

## 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.


## Subscribe to our YouTube Channel

Please subscribe to De Salis via (<https://www.youtube.com/channel/UCWMIAW5TAgoBj2cXHqTQc6Q>) to stay connected, gain new insights and to avoid missing out on any exciting content uploaded in the upcoming weeks. Please remember to like and share the videos and click the notification bell to receive instant updates each time a new video is uploaded! Thank you for your continued support.



	<p><b>Week Commencing: Monday 12th September</b></p> <p><b>MENU 2</b></p>
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MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
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		



# SEPTEMBER 2022

SEPTEMBER		
Monday 12th to Friday 16th	National Coding Week	
Monday 19th to Friday 23rd	End of Term Assessments	
Monday 26th to Friday 30th	Enrichment Week	
Tuesday 27th	8:00am to 6:00pm	Year 10 Geography Trip
Wednesday 28th	10:00am to 4:00pm	Year 11 Countryside Trip
Thursday 29th	10:00am to 4:00pm	Year 9 Countryside Trip