



Dear Years 7, 8 and 9 ... **I hope this finds you and your family and loved ones well.** It's been a while, so I thought it was about time for a new newsletter.

I hope you've had a good break over Easter and had a **chance to relax a bit and enjoy the sunshine.** It seems so strange to be writing about **getting back into the school routine** when it

- ✓ Get up at about 8:30
- ✓ Wash face & brush teeth (have a shower)
- ✓ do a bit of exercise to get the day started
- ✓ make your bed
- ✓ have some breakfast
- ✓ Get cracking with some work ... 5 x 30minute chunks



feels more like the middle of the summer holidays, however, here we are, Back to School! SO, time to get back into a routine. The great thing about **routine** is that it **reduces your stress** because you have structure in your life, which is

really important, otherwise your thoughts and feelings look like this random mess (which is hard to manage) compared to an organised stack where it's clear to make out the different parts that make up the stack. If you're struggling to **organise your thoughts** or worries it's a good idea write them down (somewhere private if you want) ... Try putting X next to **worries you have no control over** and realise that these are things you can't change, so worrying about them won't help you - **try sharing them instead** to see if they can be reduced. (**Remember** your teachers, form tutor, head of year and student support and **all the team are just an email away** if you think we can help.) Next, put a number beside the ones that you have some control over and could do something about. For each number, write down a plan for what you could do ... **take them one at a time to make them more manageable.**



AND if you're feeling fine and all of your rocks are already in a neat pile, you could have a go at this ... lots of people are **painting stones** from their garden and taking them on their daily walk and leaving them in little piles for other people to find. If you do find any, you could pick them up and move them to another place along your walk and leave them there to **show how far you can spread the love** for the NHS and key workers ... I've included some more designs on the next page ...

Speaking of plans for making changes,



today (April 22nd) is **the 50th Earth Day** ... this is a great chance to think about how you could change the world a little bit for the better ... and before you say 'I'm only one

I'm only one person.

person, so what's the point?' there are only 7.8 billion individual people ... and if they all did just one thing differently that would have an amazing effect. You could try this ... <https://innocentbiggrow.com/> and have a go at **growing something**, or you could take some time to make sure that you **recycle everything you could**, or **reduce the**

amount of plastic you use, or simply just reduce your use of electricity by **switching off unnecessary lights, phone chargers, the TV etc.** OR you could even investigate the impact of the food you eat. You could consider whether you could **do without processed food, or meat, or dairy products, for one day a week, or two, or more even.** You could have a go at cooking from scratch using only 'natural' ingredients to see how healthy and tasty it can be, rather than using processed food with a lot of salt and sugar or cheaply produced meat, where animal care isn't always the best. I've attached some **recipes** which BC has created with Hope in Beeston. I hope this gives you a few things to occupy you as well as your work! Missing you! Miss Cooper.



Stone painting designs ... try to use a waterproof paint like acrylic or even nail varnish to do this ... sharpies aren't very bright and water colour paints will wash off in the rain ...



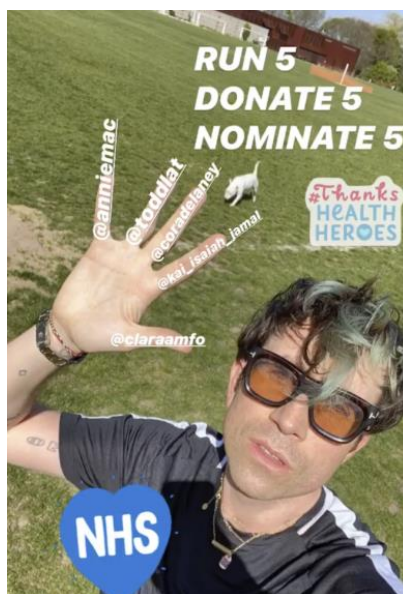
https://www.youtube.com/watch?v=aK_pMV-vM2I
<https://www.youtube.com/watch?v=A3st51yrXY>

And if painting stones isn't your thing ... **try exercise** ... or you could **try cooking**

pillow workout
 repeat 5 times | up to 2 minute rest between sets
 @neilarey.com

20 pillow presses 10 pillow squats 10 pillow high knees
 20 pillow strikes 20 pillow lunges

www.nhs.uk **NHS** choices



Margaret Payne aged 99 is climbing her home stairs 282 times, which is the equivalent of Sulven Mountain in Scotland to raise money for the NHS. She aimed to raise £10,000 and has raised over £286,900 already and is still climbing.

Or, the fabulous Captain Tom Moore aged 99 who aimed to walk around his garden 100 times in the run up to his 100th Birthday, with a hope of raising £10,000. But his efforts inspired the nation to donate an amazing £25million so far!

He had a guard of honour for his final circuit ... what a hero!



H O P E

Nottingham



Bramcote College

A member of The White Hills Park Trust

Recipe 1 – tomato pasta sauce ...

you can add chicken, mince, meatballs, sausage, or tuna.

The **hero** of this meal is a tin of tomatoes (or even tomato soup if you don't have tinned tomatoes)

- Put the tin of **tomatoes into a big pan** (because you're going to add extra flavours to it) and **heat gently** on a medium heat, so it's **just bubbling**.
- Put a pan of **water on to boil** with a pinch of salt in it. Once it's boiling **put the pasta in** and give it a stir. It should take **about 18 to 20 minutes** to cook – drain off the water & by that time you'll have a nice sauce.
- **Heat a little** (no more than a small spoonful) **oil** (or butter but not margarine) in a frying pan **so you can fry any veggies you might have**. If you're not sure about veg, the smaller you cut it, the less you notice it. **Half an onion** chopped up really small can be fried until it starts to **go a bit brown**. **Peppers** can also be cut into 1cm (ish) cubes and fried a little bit. If you have **mushrooms**, slice them up thinly and pan fry them too. All of these taste better if they go a little bit soft and brown. You can **then add them to your tomatoes** to add flavours to your tomatoes.
- You could add a **grated carrot** to your tomatoes, which easily 'hides' veggies in your sauce. **Sweetcorn** or **peas** are nice in pasta sauce too.
- Once the veggies are in the sauce, **you could add** a tin of **tuna** (without the water/brine/oil). You could EVEN add **cooked sausages**, or **cooked chicken**, or even a bit of **mince**, either fried mince to make Spag Bol, or rolled up in little meat balls and fried and added to the sauce. You could even just put little bite sized pieces of fish into the tomato sauce and cook it for about 10 minutes
- Mix the cooked pasta and sauce together in a big pan or oven dish.
- To top it off really nicely, you might want to grate **a little cheese** over the top, could add some crunch by ripping up pieces of slightly stale bread to make big **bread crumbs** and put them on top of your pasta and sauce mix in an oven dish and then put it under the grill to crisp it up a bit.

H O P E

Nottingham



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Recipe 2 – Chilli & beans ... you can add chicken or mince if you want to.

This meal follows on a bit from Recipe 1 ... but adds some spice to it and veggie chips if you want to.

- Put the tin of **tomatoes into a big pan** (because you're going to add extra flavours to it) and **heat gently** on a medium heat, so it's **just bubbling**. ALSO drain off any water from a **tin of beans** and add it to the tomatoes, OR you could just add **baked beans** ... they work too but they make this meal a bit sweeter.
- Put a pan of **water on to boil** with a pinch of salt in it. Once it's boiling **put the rice in** and give it a stir. It should take **about 18 to 20 minutes** to cook (taste it to see if it's soft but not squashy) – drain off the water.
- **Heat a little** (no more than a small spoonful) **oil** (or butter) in a frying pan **so you can fry any veggies you might have**. Remember to keep the pieces small if you're not too keen on veggies. Most veggies work really well ... onion, pepper, mushrooms, a **grated carrot** and **sweetcorn** or **peas** all work.
- Once the veggies are a little bit fried to give them a bit of a golden-brown colour, add them to the tomato and bean sauce.
- You could add **cooked chicken in bite sized pieces**, or you could fry a bit of **mince in the same pan you used for the veggies to add the veg flavour from pan**.
- NOW ... if you've got anything like **chilli power** in your cupboard you could add a teaspoon (or two ... taste before you add the second one) to the sauce to **make it into a delicious a chilli** (and **a teaspoon of Marmite or Bovril** makes it lovely and salty without needing to add extra salt).
- When you serve this up put the chilli on top of the rice and maybe sprinkle a bit of cheese over the top.
- You could add **veggie chips** to this ... if you get a **sweet potato**, or **normal potatoes**, or a red or normal **onions** you could cut them into wedges and put a little bit of **oil and salt and pepper** over them and put them on a **baking tray** in the oven, put the heat up to about 200°C for about 40minutes & check to make sure they don't overcook. **Peppers and carrots** roast really well just like this too.

H O P E

Nottingham



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Recipe 3 – Stir Fry anything ... you can make this to go with rice or with noodles – whatever you've got.

This meal lets you put whatever you want to together and it's nice and quick. You need some soy sauce to make the sauce for this ...
garlic or ginger would be nice too ...

The key to making this work really well is making sure that **everything you're cooking is about the same size**... you could slice up ...

- ✓ Long thin strips of **chicken, pork, fish or even beef**
 - ✓ Long thin strips of **carrot** ... you could use a knife or a veg peeler to do this
 - ✓ **Onion** cut in half and then thinly cut into strips
 - ✓ **Any colour of pepper** cut into thin strips
 - ✓ You could even put **green beans or mange tout or sugar snap peas** if you have some
 - ✓ **Peas or sweetcorn** ... definitely no chopping needed!
 - ✓ You could also add small pieces of **broccoli** (smaller bits are nicer to eat) ...
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- You can use either **rice or noodles** – just boil a pan of water and put the rice on to boil for 18 to 20 minutes, or the noodles (read the packet for cooking time)
 - Heat up a **spoon full of oil** in a big frying pan. **FIRST** if you are including any **meat**, make sure it is well cooked through and **then start to add the veggies** – add the **hardest veg first**, so start with onions or carrots and then add peppers, mushrooms after that and finally add sweetcorn or peas after that.
 - Adding flavours is important at this point ... if you've got **soy sauce** add some, you could add a clove of crushed **garlic or ginger** if you have any, or even add a little chilli but only a little bit PLUS a little salt and some pepper.
 - Once everything is almost cooked, if you have an **egg or two** you could break them into a bowl and whisk them a little bit and then pour it over the stir fry and stir hard and fast. OR just put a runny fried egg on top of the finished stir fry.
 - Then add cooked rice or noodles and stir it all together. Yum!
 - You could make a lovely sauce with a tablespoon of soy sauce, honey and lemon or lime juice if you have some all stirred together with crushed garlic &/or ginger.



Nottingham

Recipe 4 – FISH ... you could do this with chicken too ...

If you fancy something quite simple ... all you need is flour or breadcrumbs, salt, pepper, and an egg or two.

DIY fish & chips or chicken and chips ... homemade take away

Chips ...

- You could make any sort of **chips** ... if you get a **sweet potato**, or **normal potatoes**, or a red or normal **onions** you could cut them into wedges and put a little bit of **oil and salt and pepper** over them and put them on a **baking tray** in the oven, put the heat up to about 200°C for about 40 minutes & check to make sure they don't overcook. **Peppers and carrots** roast really well just like this too and are nice and sweet and chewy.

Secret recipe chicken or fish ...

- This is pretty simple but can be AMAZING ... cut either **chicken or fish** into **bite sized pieces**.

Set up a row of bowls:

- 1) **Flour with salt and pepper** mixed into it
- 2) Two **beaten eggs**
- 3) More **flour OR breadcrumbs** if you have some dry bread you can chop up nice and fine, mixed with **salt pepper** and ... **one of any spices you might have** / want to add ... you could use garlic powder, chilli, paprika or even curry powder for a twist ... but don't worry if you don't have any of them.

Then dip the bite sized pieces into each bowl in turn and put the pieces onto a baking tray at the end. NOW you could spray a little bit of oil onto your pieces and just put them straight in the oven at 200°C for about 25-30 minutes (check it's not going too dark), OR you could put a little bit of oil in a pan and fry the pieces for about 5 minutes on each side and then put it in the oven to cook through for another 10 minutes if it's chicken.