

KEEPING SAFE




Please visit <http://think.direct.gov.uk/education/early-years-and-primary/> for more information for parents and children. Remember our school is very close to a main road. Make sure young children stay with you at the beginning and end of the day.

SPORT/HEALTHY CHOICES



Goodrich Church of England

Attendance		2 nd Edition 2016-17 14 th October 2016		Termly House points	
Reception	96.3 %	<p>School Prayer </p> <p>Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen</p>			
Year 1	97.4 %				
Year 2	98.6 %				
Year 3	97.4 %				
Year 4	97.9 %				
Year 5	97.2 %				
Year 6	98.2 %				
TOTAL	97.6 %				

Primary School Newsletter


Notices

- **OIL THEFT** - Please be alert and share with all who have oil tanks at home/ work and be extra vigilant. An attempt was made to steal oil from our school tank last night/ early morning. It would seem that they were disturbed as they left with minimal oil and containers were abandoned. Our thanks to Mr Mutlow for helping this morning.
- A lot of **litter** has been accumulating in the school field. If your child has a snack in a wrapper please can you have a chat about ensuring that it goes into a bin. In that way we can keep the grounds tidy and safe for wildlife.
- Thank you to the **PTFA** for all the new bark on the Trim Trail and in Forest School. Last night, at the AGM, Rowan Carver (Chair) was re-elected and the committee consists of some new faces too. Please come along to meetings as it helps our school so much.
- The children have been enjoying the new **playground lines** which were funded by a generous donation. Thank you

What's Going On?

Forest School		Celebration Worship		Other dates	
				17.10.16	Welcome to St. Giles for Reception
				19/10/16	5-6pm Yr 5&6 Residential Meeting
20/10/16	Woodpeckers			20.10.16	PHOTOGRAPHS 8:15 on for photos with younger siblings
				20.10.16	Hockey Tournament Cancelled
				21/10/16	6-8pm Spooky Disco
				21/10/16	End of Autumn 1

Class News		Class Superstars
Wrens	In Wrens class we have been learning all about the Olympics and Paralympics. We have been developing our motor skills through PE lessons and talking about how we can be healthy and what happens to our body when we do exercise. We have been using maps and globes to find continents, Britain and Brazil and in Art we have been making different collages of the Olympic Rings. In Literacy we have been learning a poem about the Olympics and finding lots of different rhyming patterns and in Maths we have been developing our understanding of how numbers can be made in different ways up to 10.	Dexter B, Lucas Marvellous Maths: Sam
Robins	Over the last few weeks, Robins have been very busy learning all about the Olympics. We have been naming and locating the continents in Geography and in Science we have been exploring how Olympics athletes keep healthy. In Art we have been sketching pictures of famous landmarks in Rio.	Oliver, Brodie and Felix
Woodpeckers	In Maths, Woodpeckers have been busy learning how to use columnar addition and subtraction with increasingly larger numbers. In English, we have been using our senses to write poetry and have started learning about fables created by Aesop. In Science we have thinking about balanced diets and in R.E. we have been learning about Christian and Hindu beliefs in God.	Finn and Vaughan
Owls	In Maths, we have been working on column addition and subtraction. Alongside this we have been trying to increase the speed at which we can add and subtract two single digit numbers accurately. In English we have been writing biographies about famous Olympians and in our topic work we have been developing an Ancient Greek time line.	Mara, Ted Fred and Seren
Peregrines	We have been learning about how and why the Ancient Greek empire grew and the origins of democracy. In Science we have been learning about the digestive system whilst in English we used our senses to write a poem about competing in the Olympics or Paralympics. We are currently preparing to be biographical writers. In Maths we have been solving problems involving addition.	Zach, Jack Annabelle and Henry

Citizens of the Week	Joe Miles 	Cloakroom	Junior Girls
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GOODRICH VILLAGE HALL

Flicks in the Sticks Curry Nights* Race Nights* Live Performances* Computer Courses *

Just some of the things organised by Goodrich Village Hall Committee.

What would you like to see happening? Come and have your say at the :

AGM

on Tuesday 1st November at 7.30 pm in the Village Hall

Carrot and Coriander Soup

This spicy soup is really popular and so easy to make. If you have an abundance of carrots it freezes well too! It is perfect to serve on a cold day. Cooking the soup in milk gives it a deliciously creamy taste and why not add a little crème fraiche too?



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (371g):

Energy	Fat	Saturated	Sugars	Salt
626kJ 149kcal 7%	5.8g 8%	1.7g 3%	15g 17%	0.29g 5%

of an adult's reference intake.

Typical values per 100g: energy 169kJ/40kcal.

Equipment

Weighing scales
Peeler
Chopping board
Sharp knife
Kettle
Measuring jug
Measuring spoons
Saucepan with lid
Wooden spoon
Ladle
Blender
Tea towel
Mixing bowl
Tasting spoon

Ingredients

Serves 4
1 medium onion
150g sweet potato
400g carrots
Bunch (20g) fresh coriander
OR 1 x 15ml spoon dried coriander (the herb, not ground coriander, the spice)
400ml boiling water
1 reduced-salt vegetable stock cube
400ml semi-skimmed milk
1 x 15ml spoon vegetable oil
Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- When blending hot soup the pressure can build up inside the blender, which is why it is very important to follow 3 rules:
 1. Never fill the blender more than half full.
 2. Always cover the lid with a thick tea towel.
 3. Always hold the lid down when the blender is on.
- Before it is blended the soup will look a bit grainy where the milk has separated. Don't worry because when it is blended it will become silky and smooth again.
- Coriander's soft stalks are full of flavour so don't throw them away.

Carrot and Coriander Soup

Method

1. Peel and finely chop the onion.
2. Peel and chop the sweet potato and carrots into 1cm chunks. Keep the onion separate from the other vegetables.
3. Wash the fresh coriander (if using). Remove the leaves from the stalks and chop them both finely, separately.
4. Measure 400ml boiling water into the measuring jug. Crumble in the stock cube and stir to dissolve. Add 400ml semi-skimmed milk making the total up to 800ml.
5. Put the vegetable oil, the chopped onion and the chopped coriander stalks in the saucepan over a low heat. Stir for 2 minutes until soft. Or add the dried coriander (if using) and stir for 1 more minute.
6. Add the carrots and sweet potato then add the stock and milk mixture.
7. Bring to the boil, reduce the heat and simmer (small bubbles) for 15 minutes with a lid on so that the liquid doesn't evaporate. Stir every 5 minutes to make sure the soup is not burning on the bottom.
8. When all the vegetables are soft, add most of the chopped coriander leaves (if using) and stir. Save the remaining chopped coriander leaves.
9. Ladle a third of the soup into the blender.
10. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl.
11. Repeat twice more, until all the soup is blended.
12. Add ground black pepper to taste (if using).
13. Sprinkle the rest of the chopped coriander leaves over the top of the soup just before serving.

Something to try next time

- Try swapping the carrots for other root vegetables such as parsnips or beetroot. Butternut squash is also really nice in a soup like this.
- Try making some Parmesan and Herb Muffins to eat with your soup. The recipe is on our website.

Prepare now, eat later

- Prepare the vegetables the day before and keep in sealed bags in the fridge.
- Most soups freeze well for up to 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen the bag can be removed from the box and stored in the freezer. Defrost thoroughly before reheating until bubbling hot.