

KEEPING SAFE & HEALTHY

CHRISTIAN VALUE- HOPE

KEEPING SAFE & HEALTHY

**Lyme Disease** #wakeuptolyne  
 Wake Up to Lyme  
 lymediseaseuk.com

What you need to know

- Not everyone gets a rash from an infected tick bite.
- You can be bitten by an infected tick during any season.
- There is no established minimum time that a tick needs to be attached to transmit infection.
- Infected ticks have been found in every county in the UK.
- Lyme disease can be difficult to treat if not diagnosed early.
- You don't need to be near deer or livestock to be bitten by an infected tick.
- Blood tests cannot rule out Lyme disease. Sometimes a clinical diagnosis is needed.
- Treatment should be started early for the best chance of success.
- Lyme disease can mimic other conditions including MS, CFS, Fibromyalgia and Alzheimer's.

Lyme Disease Patient Support lymediseaseuk.com



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Protect yourself from tick bites

- Wear insect repellent during outdoor activities
- Avoid walking through long grass and stick to pathways
- Wear light coloured clothing and brush off any visible ticks
- If you have to walk in long grass tuck trousers into socks
- Shower and check for ticks when you get home

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**Goodrich Church of England**

Attendance		16 <sup>th</sup> Edition 2016-17 30 <sup>th</sup> June 2017		Termly House points	
Reception	94%	<p><b>School Prayer</b> </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>	<p>Goodrich Church of England Primary School</p> <p><b>Collective Worship</b></p> <p>At this time of year we think about <b>Leavers &amp; Moving On</b></p> <p>We are pioneers.                      We value hope and democracy.</p> <p>"Hope is coupled with faith and love as one of the three most enduring gifts of the Spirit."                      (1 Corinthians 13:13).</p>		1
Year 1	93.3%				1
Year 2	96.9%				3
Year 3	97.8%				
Year 4	96.1%				
Year 5	93.8%				
Year 6	97.9%				
TOTAL	95.6%				

**Primary School Newsletter**

**Notices**

- Please can all outstanding bills for the year be paid as soon as possible.
  - Thank you for your support this week with transition, please speak to class teachers with any concerns.
  - The PTFA are working hard to put on a fantastic Summer Folly. Please offer your support if you can and attend if you are able.
  - If you have a chance to sort through some books for the PTFA, they would be grateful for the donation. Please give them in at the office if it is wet.
- Many thanks

## What's Going On? (Please see [ourschoolsapp.com](http://ourschoolsapp.com) for further information)

Forest School		Celebration Worship		Other dates	
				5/07/17	Swimming Yr 4 & extras
5/07/17	Wrens			5/07/17	Summer School Games
6/07/17	Owls			7/07/17	PTFA Summer Folly
				11/07/17	Parent opportunity to discuss reports
				12/07/17	Swimming Yr 4 & extras
12/07/17	Robins			13/07/17	Yr 5 & 6 Rounders
13/07/17	Peregrines			13/07/17	Summer Concert
				14/07/17	Summer Concert
		20/07/17	Yr 2 Graduation	18/07/17	Leaver's BBQ
		21/07/17	Yr 6 Leaver's Service	21/07/17	Last Day of Term
				05/09/17	New School Year Starts
				14/10/17	PTFA Book Sale
Some sports fixtures may be subject to change or cancellation					

Class News		Class Superstars
<b>Wrens</b>	This week Wrens have been busy learning the story of The Hungry Little Caterpillar to perform in our Celebration Worship and making things from the story including a beautiful big butterfly! In Maths, Year 1s have been using their counting in 2s, 5s and 10s skills to solve multiplication and division problems and Reception have been using practical equipment to solve sharing problems. In our topic, we have been looking at historical buildings in the local area, including Goodrich Castle and sorted pictures of medieval times and present day into groups.	George & Charlie
<b>Robins</b>	This week the Robins have been creating brand new magical stories in English. In Maths, the Robins have been continuing with measurement, measuring volume using measuring cylinders. In Science the Robins have been continuing to observe their broad bean experiments from the weeks before and have also been looking at wild flowers, creating a tally for the different wild flowers we have at Goodrich.	Coco, Scarlett, Evie
<b>Woodpeckers</b>	Woodpeckers have been busy this week. In English, we have been practising how to use pronouns accurately in sentences and have continued to write biographies. In Maths, we have been reviewing how to use inverse calculations to solve problems. We have also been rehearsing the KS2 Play and having fun working as a team in Forest School.	Jesse and Molly
<b>Owls</b>	This week Owls have been converting measurements which they collected from the playground to create a scaled drawing. In English the children have been finalising their research on the local area and thinking about how to organise it into an information leaflet. They have also been busy learning and rehearsing their parts in our summer concert.	Matilda, Fred, Seren, Oliver, Charlotte
<b>Peregrines</b>	This week Peregrine Class has been locating and researching information about the local for a chosen audience and purpose. In Maths, they have been converting measurements into scaled drawings of the playground. Also, they have been acting out scenes for the forthcoming summer concert, as well as learning songs and dance routines. Yesterday, Year 5 enjoyed spending the day with their new class and some of Year 6 enjoyed visiting their new high school.	Annabel, Rose, Luca, Jack

**Citizen of the Week**

**Daisy May**

**Cloakroom**

**Infants**

# Chicken Nachos

Nachos are a Tex-Mex dish from northern Mexico, made up of tortilla chips covered with cheese, salsa and guacamole. These nachos can be made and cooked immediately or ingredients can be prepared in advance to eat later. They're great for a light lunch, starter, or nibbles at a party or summer BBQ.



**AI** Milk, sulphites, wheat (gluten)\*

## Equipment

- Scales
- Large mixing bowl
- Sieve
- Measuring jug
- Mixing spoon
- Table knife
- Baking tray
- Fish slice
- Oven gloves
- Chopping board
- Sharp knife
- Juice squeezer (to make the guacamole)
- Measuring spoons
- Small bowl
- Tablespoon
- Fork
- 2 x small serving dishes
- Grater
- Large oven-proof dish

## Ingredients

- Serves 4**
- For the nachos**
- 150g self-raising flour
  - ¼ x 5ml spoon black pepper
  - 150g low-fat natural yoghurt
  - Extra flour for rolling out
- For the topping**
- 1 portion of Let's Get Cooking Mexican Tomato Salsa (page 12)
  - 1 portion of Let's Get Cooking Guacamole (page 13)
  - 4 spring onions
  - 50g reduced-fat mature cheese
  - 200g cooked chicken (roughly 2 small breasts)
  - 1 x 15ml sliced green jalapenos
  - 1 x 15ml spoon chopped fresh coriander

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

Nutritional information per portion (1 ½kg):

Energy	Fat	Saturated	Sugars	Salt
1329kJ	8.2g	2.9g	5.2g	0.91g
315kcal	1.7%	1.4%	6%	1.8%

of an adult's reference intake.  
Typical values per 100g, energy 564kJ/134kcal.



**Top Tip**

• Instead of chopping your coriander with a knife, put it into a cup and chop using a pair of scissors.

# Chicken Nachos

## Method

### For the nachos

- Preheat the oven to 160°C/140°C for fan ovens or gas mark 4.
- Sift the flour into a large mixing bowl, then add the black pepper.
- Add the yoghurt and stir until mixed.
- Tip onto a clean, floured surface and knead gently until smooth.
- Divide the dough into four.
- Lightly dust the surface with flour and roll out thinly to make a rectangle shape.
- Using a table knife cut the dough into long strips about 2½ cm thick, then cut across these to make diamond or square shapes.
- Place on a baking tray and bake for about 10 minutes until golden brown. Pour into a large oven-proof serving dish to cool.
- Continue process with the three other dough balls.

### For the topping

- Prepare one portion of Let's Get Cooking Guacamole.
- Prepare one portion of Let's Get Cooking Mexican Tomato Salsa.
- Wash and remove the dry outer skin from the spring onions and place on a clean, dry chopping board. Using a sharp vegetable knife (or scissors), chop the spring onions into small pieces and set aside.
- Chop up your cooked chicken into small strips and set aside.
- Spread the nacho pieces evenly across the bottom of a large oven-proof dish.
- Sprinkle the cooked chicken and jalapeno peppers over the nachos.

- Sprinkle over the cheese and place in the oven or under the grill for around 5–10 minutes or until the cheese has melted.
- Remove from oven.
- Taking your table spoon, spoon the guacamole and the salsa evenly over the nachos.
- Sprinkle over the washed and chopped coriander and enjoy straight away.

### Something to try next time

- Replace the cooked chicken with either cooked shredded beef or pork, beef or vegetarian chilli, Quorn™ or grilled halloumi cheese.
- Use fresh peppers or chillies as an alternative to the jarred jalapenos and add extra vegetables such as red onions and sliced mushrooms.

### Prepare now, eat later

- The guacamole and salsa can be made in advance, placed in a sealed container and frozen, or kept in a fridge for up to 48 hours.

### Get more from your food

- This is a great recipe for using up leftover cooked chicken.
- Any leftover chopped coriander can be put into a small zip-lock bag and frozen to be used again.

### Skills used include:

Weighing, measuring, chopping, grating, mixing, baking, grilling and washing.

[www.letsgetcookingathome.org.uk](http://www.letsgetcookingathome.org.uk)

This recipe was developed with funding from the Tesco Eat Happy Project. Copyright © Children's Food Trust L10CA11