

KEEPING SAFE



KEEPING HEALTHY

Think my situation through with a trusted adult
Find out more to decide whether my anxiety is realistic
Share my feelings with my friends to see if they feel the same
IF I FEEL ANXIOUS I CAN:
Think of ways to talk myself through this
Ask if anyone else has conquered this fear
Give it some time to see if it's resolved
Find ways to distract my mind from dwelling on it until I can do something about it
Let my parents know so they can support me

COMMUNITY

Sunday 19
10am to 12pm - The Book Theatre - The Pigeon Teller
11am to 12pm - Book Theatre - A Picture is Two Stories
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11am to 12pm - Book Theatre - A Picture is Two Stories
Vacation Creation
FREE Creative workshops for children during February half term at Hereford Library & Museum
Four high quality professional artists, craftspeople & performance practitioners programmed per day
Tues 14 - Sat 18 Feb 11am - 3pm
Address: Hereford Library and Museum, Broad Street, Hereford, HR1 2JQ
Free with no pre-booking required
Workshops are on a First Come First Served basis
Children must be accompanied by an adult
Admission to wear comfortable clothing
www.brightstripe.co.uk
info@brightstripe.co.uk 01432 358232
Supported by Herefordshire Council Library and Museum Fund

Goodrich Church of England

Attendance		9 th Edition 2016-17 10 th February 2017		Termly House points	
Reception	93.3%	<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>	<p>Goodrich Church of England Primary School</p> <p>Collective Worship</p> <p>At this time of year we think about Epiphany</p> <p>We persevere. We show endurance.</p> <p>'For the Lord is good and his love endures forever.' (Psalm 100:5)</p>		1
Year 1	93.4%				2
Year 2	97.5%				3
Year 3	96%				
Year 4	91.3%				
Year 5	86.9%				
Year 6	97.6%				
TOTAL	93.6%				

Primary School Newsletter

Notices

- Congratulations to the Garden Club, with amazing work from Miss Small who is now being helped by Mrs Pemberton. The Royal Horticultural Society has already awarded them the Level One RHS School Gardening Award. Fantastic! They would be grateful for any donations of seed or multi-purpose compost as they work towards Level Two.
- Parent Consultation letters should have come home. If not, please let Mrs Blake know. We would be grateful if you could return them as soon as possible.
- Nits are still being reported, please check and treat regularly.
- Has your child/children got their PE kit at school?
- Wow! Well done Jackie (from Breakfast Club and Smiles) who has now lost 10 stone. She is an inspiration to us all.

What's Going On? (Please see ourschoolsapp.com for further information)

Forest School		Celebration Worship		Other dates	
		10/02/17	Woodpeckers to lead	10/02/17	Autumn Term Ends
22/02/17	Reception			20/02/17	Second half term begins
23/02/17	Owls			23/02/17	Yr 2 & 5 Swimming
				24/02/17	Dance festival
1/03/17	Year 1			28/02/17	Parent/Teacher Meetings
2/3/17	Peregrines			1/03/17	Yr 2 & 5 Swimming
				2/03/17	WORLD BOOK DAY- dressing up
8/03/17	Reception	3/03/17	Robins to lead	8/03/17	Yr 2 & 5 Swimming
9/02/17	Peregrines			9/03/17	Yr 3 & 4 Hi 5 Netball Tournament
15/03/17	Year 1			14/03/17	WVLN Debating Competition
16/03/17	Peregrines			15/03/17	Yr 2 & 5 Swimming
22/03/17	Reception			22/03/17	Yr 2 & 5 Swimming
				24/03/17	PTFA Easter Bunny Drive
23/03/17	Woodpeckers	24/03/17	Wrens to lead	29/03/17	Yr 2 & 5 Swimming
29/03/17	Yr 1 & Yr 2 non swimmers			30/03/17	No Clubs this week
30/3/17	Woodpeckers			30/03/17	Yr 2 Multi Skills Tournament
5/04/17	Reception			7/04/17	Spring Term Ends
6/03/17	Woodpeckers	7/04/17	Peregrines to lead	24/04/17	Summer Term Begins

Class News		Class Superstars
Wrens	This week, Wrens have been learning 'We're going on a bear hunt' and writing our own adventure stories. In Maths, Reception have been exploring the school for 3D shapes and Year 1s have been making number bonds to 20 and finding the patterns. In our topic, we have been learning all about the explorer Robert Falcon Scott and in PE we made a sequence using our different balances, shapes and movements to travel around the apparatus.	Florence, Alice, Liam & Fearne
Robins	The Robins have been learning all about habitats this week. We have been searching the school to find them and then identifying the animals that live there. We have been learning why some animals can live in places and others cannot. In English, we have been writing our hot task, using all of the skills that we have learned this half term. In Maths, Year 2 have been adding and subtracting using objects, pictures and in our heads. Year 1 have been making number bonds to 20 and finding the patterns.	Arthur Joel
Woodpeckers	In English, we have been learning how to use language in advertisements to grab the attention of the reader. In Maths, we have been adding and subtracting fractions and thinking about decimal equivalence. We have really enjoyed our gymnastics topic in P.E. and this week we combined all our skills to create a floor routine that we performed to others. In R.E. we have been learning about how different people pray and in Art we have been using our rainforest research to create interesting headdress designs.	Cheyenne & Pippa
Owls	Owls have been busy finding out about Mayan masks and their importance in Mayan rituals. The children have thought carefully about how to develop their own design and this week they started making the basic structure of their mask using papier mache – there was glue and paper everywhere, it was great fun! In Maths, the children have been adding, subtracting and multiplying fractions as well as learning about improper fractions and mixed numbers and finding out how to convert from one to the other. In English the children have writing descriptions of setting.	Seth M, Connor, Charlotte Sam S & Jack
Peregrines	In English, we have been writing descriptions of a setting and we used a picture stimulus to write a short story. In Maths we have been multiplying and dividing fraction and finding the answer in the simplest form. In Science, we have been using scientific evidence to support an argument about earth and space. Whilst in Topic we have been creating a tourist information page about the Maya civilisation. In P.E some children have been swimming and others having been working in groups to creating a gymnastic sequence using shapes, movements and balances. In Maths, we have been working with fractions.	Henry, Molly, Violet, Annabel, Zach & Jack

Citizen of the Week

Tallulah

Cloakroom

INFANTS

Potato and Sweetcorn Fritters

These mildly spiced fritters are a quick and easy store-cupboard snack, which can be eaten hot or cold. Different types of potatoes or root vegetables can be used according to your taste.



Egg and Milk*

Nutritional information per portion (184g):	
Energy	1550kJ / 367kcal
Protein	10g
Fat	3.2g
Saturated fat	1.9g
Salt	0.26g

*of an adult's reference intake.
Typical values per 100g: energy 837kJ/199kcal.

Equipment

- Weighing scales
- Can opener
- Colander
- Potato peeler
- Grater (with large and small sections)
- Large bowl
- Chopping board
- Knife / Scissors
- Small bowl
- Fork
- Measuring spoons
- Frying pan
- Tray for cooked fritters
- Kitchen foil
- 15ml spoon

Ingredients

- Serves 4 to 6**
- 4 medium potatoes (approx. 800g unpeeled)
 - 4 spring onions
 - 2 x 198g cans sweetcorn (or 330g frozen)
 - 2 eggs
 - 50g parmesan style hard cheese (suitable for vegetarians)
 - 1 x ½ 5ml spoon paprika
 - 1 x 5ml spoon ground coriander (optional)
 - ½ x 5ml spoon turmeric (optional)
 - 150g plain flour
 - Black pepper (optional)
 - 15ml spoon vegetable oil for frying



*Frustrino or allergene can vary by brand
- always check product labels. If you serve food outside the home you must always have information available when asked.

Top Tips

- Delicious served with guacamole or Barbeque Tomato Sauce.
- Allow to cool and eat cold as a healthy snack

Potato and Sweetcorn Fritters

Method

1. Wash the potatoes and spring onions, open the cans of sweetcorn and drain.
2. Peel and grate the potatoes.
3. Squeeze the excess moisture from the grated potato and put the potato into a large bowl.
4. Peel and top and tail the spring onion, finely slice and add to the large bowl.
5. Break the eggs, one at a time, into a small bowl and mix with a fork. Add to the large bowl.
6. Finely grate the cheese and add to the large bowl.
7. Pour the drained sweetcorn into the large bowl.
8. Add the paprika, cumin, coriander, turmeric, flour and black pepper (if using) to the large bowl and mix well using a spatula.
9. Using your hands, shape the mixture into balls (it should make about approximately 12).
10. Add the oil to the frying pan, carefully add the potato balls and press them flat with the fish slice. Leave them to cook for approximately 5 minutes on a medium heat before trying to turn them.
11. Turn the fritters and cook the other side for 5 minutes. The cooking time will depend on the size of the fritter but they should be golden brown on both sides.
12. Remove from the pan and keep warm under foil while you continue cooking (if necessary).

Something to try next time

- Wash the potatoes but leave the peel on them to get the goodness from the fibre in the skin.
- Experiment with different flavours. Swap the paprika, coriander, cumin and turmeric for 1 x tsp dried chili flakes, a handful of chopped coriander and the zest of a lime.
- Use sweet potatoes for a sweeter flavour or use a combination of white and sweet potatoes.
- You could make one large fritter and cut into slices when cooked.

Prepare now, eat later

- Make up the potato mixture in advance and keep covered in the fridge for up to 24 hours.
- Shape in advance or when ready to cook – chilling may help the fritters hold their shape when cooking.
- Once cooked, fritters can be cooled and refrigerated for 48 hours or wrapped and kept in the freezer for up to 1 month.

Skills used include:

Washing, peeling, grating, chopping, mixing, shaping, frying.



HEREFORDSHIRE COMMUNITY CHAMPIONS 2017

*The awards are open to anyone in Herefordshire.
We invite nominations for those who have
demonstrated commitment by making a
positive difference in their community.*

The closing date for nominations is
12 noon on Wednesday 22 February 2017

Nomination forms are available on the
Herefordshire Council website
www.herefordshire.gov.uk/champions17

Volunteer of the year

Apprentice of the year

Caring champion

Sustainability champion

Youth champion

£500 cash prize and trophy for each category winner
Presentation at a special award dinner at
the Townhall in Hereford on 30 March

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