




KEEPING SAFE & HEALTHY	CHRISTIAN VALUES Trust	COMMUNITY NEWS
 <p>HEALTHY HABITS For Healthy Kids</p> <p>STAY FIT</p> <ul style="list-style-type: none"> • Get about eight hours of sleep each night. • Do some form of exercise every day: run, walk, stretch, play. <p>STAY HEALTHY</p> <ul style="list-style-type: none"> • Practice good hygiene by keeping yourself clean and germ free. <p>STAY ENERGIZED</p> <ul style="list-style-type: none"> • Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits. <p>STAY SAFE</p> <ul style="list-style-type: none"> • Wear proper gear when playing sports, bicycling, or riding in a car. • Obey safety rules. 	 <p>THOSE WHO TRUST IN THE LORD WILL FIND NEW STRENGTH</p> <p>ISAIAH 40:31</p>	<p>Easter Adventure Quest at Goodrich Castle</p>  <p>In a nutshell Solve the clues as you follow the trail around this great Herefordshire castle from 6th to 22nd April. Find the dragon egg and receive a chocolate treat!</p> <p>Taking place at Goodrich Castle Castle Lane, Goodrich, Ross-on-Wye, Herefordshire, HR9 6NY</p> <p>Contact details Tel: 01600 890318</p>

Goodrich Church of England

Attendance		13 th Edition 2018-19 5 th April 2019		Termly House points		
Reception	96.1%	<div>School Prayer </div> <div>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</div>		<div>Goodrich Church of England Primary School</div> <div>Collective Worship</div> <div>At this time of year we think about Lent & Easter</div> <div></div> <div>We are team players. We show trust, friendship and forgiveness.</div> <div><small>'Be compassionate and kind to one another, forgiving each other, just as in Christ God forgave you.' (Ephesians 4:32)</small></div>		3
Year 1	97.4%					
Year 2	97%					
Year 3	96.6%					
Year 4	96%					
Year 5	97.4%					
Year 6	96.7%					
TOTAL	96.8%				2	

Primary School Newsletter

Class News		Class Superstars
Wrens	This week Wrens have been reciting and writing the story of 'The Tortoise and the Hare'. In Maths, we have been naming and describing shapes and using number bond facts to solve problems. We have also been completing our scientific superhero costumes, feeding lambs, taking part in the litter pick of the school grounds and measuring worms!	Eve & Carter
Robins	This week Robins have been reasoning and problem solving around multiplication. In English we have been practicing spelling our year groups words though games and activities. In topic, we have been imagining that we are a superhero and flying around the UK, spotting things like coasts, rivers and hills down beneath us.	Alisha, Dexter

Woodpeckers	This week in maths, Woodpecker Class we have been interpreting and using data in bar charts, pictograms and tables to answer questions while in English we have been writing instruction on mummification! On Monday afternoon we joined the rest of the school to collect litter in Goodrich. While we were collecting, we didn't think we had found much but when we put it all together at the end we were surprised by how much there was.	Stefan, Eliona Huxley, Dexter
Owls	This week, Owls have been using their knowledge of fractions of amounts to solve baking investigations and follow instructions to make their own Egyptian biscuits. In English, we have been writing instructions to explain how to mummify a pharaoh or tomato and for forest school, we made Egyptian bread, which was delicious!	Ellie, Cora & Ollie
Peregrines	This week Peregrine class have been busy planning their set of instructions about Egyptian mummification. In maths, they have been solving problems involving pie charts and percentages. On Monday afternoon, they took part in a litter pick around the local area.	Aarrowen, Faith, Erin & Izzy

Citizens of the Week



Ava



Cloakroom

Junior Boys

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

Forest School		Celebration Worship		Other dates	
				10/04/19	School Council Fundraising Day in aid of Megan Baker House
				10/04/19	Year 3 & 4 Netball
		11/04/19	Easter Service St Giles 9.30-10.30	12/04/19	Last day of Spring Term
				29/04/19	Summer 1 begins
1/05/19	Robins			1/05/19	Yr 1 Multiskills
2/05/19	Peregrines			1/05/19	Swimming – Yr 2
8/05/19	Wrens			1/05/19	PGL Meeting 17.30 – 18.30
9/05/19	Peregrines	10/05/19	Owls	8/05/19	Swimming – Yr 2
15/05/19	Robins			13/05/19	Yr 6 SATs week
16/05/19	Peregrines			15/05/19	Swimming – Yr 2
22/05/19	Wrens			20/05/19	Sports Day
23/05/19	Year 5 & 6	24/05/19	Woodpeckers	22/05/19	Swimming – Yr 2
				22-24/05/19	PGL Residential Trip Yr 5 & 6
				27/05/19	Summer Half Term
				3/06/19	Summer 2 begins

Notices

- Remember to bring Easter competition entries from Monday and some **money** for activities in school time on **Wednesday**. All proceeds to **Megan Baker House**. (A letter has been sent by email)
- Please return club forms by Wednesday 10th.
- The price of school lunches will increase to £2.60 a day from the summer term.
- Well done to the children for picking up the litter in some of the village this week. The village residents will continue their good work on Sunday. Thanks to Lynn for organising us.

Traffic light couscous

This recipe is from Morocco, where couscous is typically eaten on Fridays – the Islamic holy day.



Serves
4
as a meal

Allergens
• wheat
• sulphites

Preparation time
30-40 minutes

Suitable for
KS1 and above

Cooking time
No cooking required



1. Ingredients

- 150g couscous
- 30g sultanas
- 1/2 low salt vegetable stock cube
- 200ml boiling water
- 1 small carrot
- 1 medium tomato
- 3cm piece of cucumber
- 1/2 yellow pepper
- Few sprigs of fresh parsley
- Large pinch of chilli flakes (optional)

2. Equipment

- Weighing scales
- Medium mixing bowl
- Kettle
- Measuring jug
- Fork
- 2 plates
- Grater
- Chopping board
- Knife
- Scissors
- Spoon
- Serving dish

3. Method

- 1 Weigh the **couscous** into a medium mixing bowl. Add the **sultanas**.
- 2 Crumble the **stock cube** into a jug and add 200ml of boiling water (younger children will need adult help with this!).
- 3 Pour over the **couscous** and **sultanas**; leave to soak for 5 minutes. Separate the grains with a fork; then tip onto a large plate and spread out to cool.
- 4 Meanwhile, wash the **vegetables** and **parsley**. Scrub or peel the **carrot**, remove the bottom and grate onto a plate.
- 5 Chop the **tomato**, **cucumber** and **pepper** and add to the **carrot**.
- 6 Use scissors to cut the **parsley** leaves. You need about a tablespoon of chopped **parsley** to mix in; any spare **parsley** sprigs can be used to decorate your salad.
- 7 When the **couscous** is cool, tip back into the mixing bowl and stir in the **carrot**, **tomato**, **cucumber**, **pepper**, **parsley** and **chilli flakes** (if using).
- 8 Spoon into your serving dish and garnish with any remaining **parsley** sprigs.

Nutrition information (per serving)

Energy	750 kJ / 177 kcal	Carbohydrate	35.1 g
Fat	1.1 g	(of which sugars)	7.5 g
(of which saturates)	0.1 g	Fibre	2.4 g
Salt	0.2 g	Protein	5.6 g