

KEEPING SAFE & HEALTHY

five smart swaps

See how much healthier you and your family can be by making these 5 easy swaps.

See what your family could save over 4 weeks

Try swapping to a glass of water, they are healthier than sugary drinks too.

Try swapping to lower fat butters, that's a healthier swap too.

Savings based on average purchases by a family of five over 4 weeks. Source: Nestle 2013.

CHRISTIAN VALUES

Endurance



COMMUNITY NEWS

Goodrich Village Hall Quiz and Chips
Fish and Chip Supper with Quiz
(vegetarian option available)
Saturday 9th March, bar opens at 7pm

Tickets £10, on sale until March 6th available from 01600 890609
thetickets@goodrichvillagehall.co.uk OR www.ticketsonline.co.uk

Goodrich Church of England

Attendance		9 th Edition 2018-19 1 st February 2019		Termly House points		
Reception	78.3%	<p>School Prayer </p> <p>Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families.</p> <p>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 136:1)</p>		1
Year 1	97.4%					1
Year 2	95.2%					1
Year 3	92.9%					2
Year 4	96.5%					
Year 5	95.6%					
Year 6	94.4%					
TOTAL	94.6%					

Primary School Newsletter

Class News		Class Superstars
Wrens	Wrens have been busy halving shapes and quantities and recognising numerals this week. In English, we have been practising our reading and spelling skills. We have been thinking about the church as a special place for Christians in RE and in PE we have been developing our throwing, catching and balancing skills.	Jacob, Otis & Rupert
Robins	We have learning all about different sentence types, including using exclamation marks and questions marks. We have been writing superhero sentences using our new skills. In topic, we have been exploring the UK and its countries, capital cities and surrounding seas.	Sophia and Eleri
Woodpeckers	This week we have been using our knowledge of addition and subtraction to solve problems in Maths and in English we have been extending our knowledge of poetry. We have been raising our fitness levels with our daily 'Run a mile' and are feeling more alert and more productive in class.	Timmy, Emi & Millie

Owls	This week in Maths, we have been using Venn diagrams to find common multiples and factors. We have also been using our times table and division facts to find prime numbers. In English, we have been looking at the structure of our 'Rags to Riches' story to plan and write our own Egyptian story and in Art, we have been developing our clay skills to make cartouches and design our own Egyptian masks.	Arthur & Jenny
Peregrines	On Monday, we spent the morning making bread. The end results were both amazing and delicious. A big thank you to those who were involved in the organisation and running of the morning. It was great. In English we have been writing an Egyptian setting description and in Maths we have been making 3D shapes using marshmallows!	Izzy, Violet, Erin, Menna & Gracie

Cloakroom


Infants

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

Forest School		Celebration Worship		Other dates	
06/02/19	Wrens				
07/02/19	Peregrines			7-8/02/18	VILLAGE PANTO (TBC)
13/02/19	Wrens			18-22/02/19	HALF TERM HOLIDAY
14/02/19	Peregrines	15/02/19	Sign to Sing lead	25/02/19	Spring 2 begins
27/02/19	Robins				
28/02/19	Woodpeckers				
6/03/19	Wrens			5/03/19	Tin Whistle & Ukulele 14.30
7/03/19	Woodpeckers	8/03/19	Woodpeckers		
13/03/19	Robins				
14/03/19	Woodpeckers				
20/03/19	Wrens				
21/03/19	Owls	22/03/19	Robins	25/03/19	Battle of Bands Heats 13.00 – 15.00
27/03/19	Robins			29/03/19	Battle of Bands Final 14.00-15.00
28/03/19	Owls			4/04/19	Parent meetings 14.30 – 18.00
3/04/19	Wrens	5/04/19	Wrens		
4/04/19	Owls	11/04/19	Easter Service St Giles 9.30-10.30	12/04/19	Last day of Spring Term

Notices

- PLEASE CHECK THAT ALL YOUR CHILD'S BELONGINGS ARE NAMED, WE ARE STILL FINDING LOTS WHICH ARE NOT.
- THANK YOU FOR YOUR SUPPORT WITH THE WEATHER CONDITIONS AND ALSO ALL THE STAFF AND GOVERNORS WHO CAME IN EARLY TO HELP MRS MILES TO MAKE THE SITE SAFE.




Chunky tomato salsa with homemade tortilla chips

This recipe comes from Mexico, the world's largest Spanish-speaking country.

Serves **4** as a snack


Preparation time **45 minutes**

Cooking time **8 minutes**



Allergens
• wheat

Suitable for
KS2



1. Ingredients

Salsa:

- 2 medium tomatoes
- 1/2 small onion or a shallot
- 1 clove of garlic
- 1/2 lime
- A few sprigs of fresh coriander (about 1 tablespoon of leaves)

Tortilla chips:

- 1/2 lime
- 1 tablespoon vegetable oil
- 2 large tortilla wraps (try wholemeal)
- 1 tablespoon paprika

2. Equipment

- Knife
- Chopping board
- Small mixing bowls
- Scissors (optional)
- Measuring spoons
- Spoon
- Serving bowl
- Cling film
- Pastry brush
- Baking tray
- Oven gloves

3. Method

- Preheat the oven to 200°C (fan 180°C), gas mark 6.
- First make the **salsa**. Wash and chop the **tomatoes** and place in the mixing bowl.
- Remove the top, bottom and skin from the **onion**, cut in half and chop each half as finely as you can; add to the **tomatoes**.
- Repeat with the **garlic** and add to the bowl.
- Squeeze the juice from the **lime** and add to the **tomato mixture**.
- Wash the **coriander**, then remove and chop the leaves. You may find it easier to do this with scissors.
- Add the **coriander** and the **paprika** or **cayenne pepper** to the bowl and stir everything together.
- Place in the serving bowl, cover with cling film, and chill while you make the **tortilla chips**, to let the flavours develop.
- Squeeze the juice from the **lime** and mix with the **oil** in a small bowl.
- Using scissors, cut the wraps into triangles.
- Brush both sides of the triangles with the **oil** and **juice mixture**, and place in a single layer on the baking tray. Sprinkle with **paprika**.
- Bake for 7-8 minutes until crisp, then serve with the **salsa**.

Nutrition information (per serving)

Energy	570 kJ / 136 kcal	Carbohydrate	18.8 g
Fat	4.8 g	(of which sugars)	2.5 g
(of which saturates)	1.0 g	Fibre	2.2 g
Salt	0.5 g	Protein	3.3 g