



Headteacher's Message

Welcome back!

I hope you have all had a relaxing half-term break, especially with the weather being as remarkable as it has been. We are now entering our final half-term of the academic year. When lockdown was implemented, I don't think any of us imagined that we would still be living in such drastically different and tragic times; life has certainly changed, which clearly has an impact on our life in school. During the break, you may have listened to the Prime Minister and read various reports about schools. Suffice to say, it is a situation I never thought I'd find myself in, trying to make incredibly difficult decisions for our school community. We sent the audit reports before the break for all year groups and we hope that provided some indication of the level of engagement the students have had. Inevitably we have had questions arising from these and we are doing our best to work through them. We intend to issue a further similar audit report by the end of the term. We value the feedback we've had and will take it into consideration for the next ones. It has also highlighted the importance of how work is issued and submitted, so we will be discussing this and issuing further guidance if required.

From Monday, 1st June this is the current situation:

- School is open as usual for the children of key workers;
- Pupils in years 7 to 9 are unlikely to be asked to return to school before September;
- Work will be continue to be set via Google Classroom. Please ensure completed work is submitted back to teachers as originally instructed, otherwise it will appear that it has not been completed;
- For pupils in year 8, option subjects will be directing those who have opted for their subject to demonstrate commitment and complete enhancement work.

From 15th June students in year 10 may be invited into school for *face-to-face contact with their teachers*, although we are still awaiting guidance as to what this actually means. However, the Local Authority is currently advising against this, and the school's governing body is also against the wider reopening of school due to the current levels of infection in the region. We are therefore investigating the use of Google Meet to deliver online lessons; further details will be issued as soon as we can. We fully acknowledge that not all pupils will be able to access online lessons, but our intention would not be to deliver different content to what is usually issued via Google Classroom, rather the online lessons would facilitate a discussion of the work set between the pupils and their teachers. I need everyone to understand the limitations we are all working in and that we will do our utmost to ensure we do not disadvantage our pupils, but we have to manage everyone's expectations - it simply can't be a return to teaching *business as usual* and we have to recognise that our priority must be students in year 10 who are facing their GCSEs next summer.

Thank you for your continued support.

Kind regards,

Mr Mitchell





Quiz time

- 1. What kind of flowers are found on Chorley's coat of arms?
- 2. Name the longest river that empties into the Bohai Sea?
- 3. Exactly what was removed from the tomb of King Charles I in 1813 and replaced in 1888?
- 4. What name is given to this sequence of numbers? 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55 ...
- 5. Which of these musical terms marks the fastest tempo? Prestissimo, Presto or Adagio

Answers will be provided in the next edition

Last week's answers are below:

- 1. What comes next in this list? The Magnolias, Clack's Farm, Barnsdale, Barleywood, Berryfields, Greenacre ... Longmeadow (They are the BBC Gardeners' World gardens in chronological order)
- 2. How was the Chorley Borough coat of arms changed in 1988? *The motto was changed from 'Beware' to 'Be Aware' to sound less threatening.*
- 3. What is the name of the only animated Disney film to be set in China? Mulan
- 4. Name the public inquiry that led to the PPC being replaced by the IPSO? The Leveson Inquiry
- 5. Why is Strontium aluminate used in some watches, toys and safety equipment? It is phosphorescent and photoluminescent (i.e. it glows in the dark).

Thanks to Mr Whalley for providing the guiz.

Film Quiz



- 1. Which singer starred in The Bodyguard?
- 2. Who played Jack in Titanic?
- 3. Who is the only Disney princess who was inspired by an actual person?
- 4. What is Darth Vader's real name?
- 5. What is the name of Jack Sparrow's ship?

Thanks to Mrs Curtis for the Film and Pop Quiz.

Pop Quiz - Last week's answers

All the questions were cryptic clues to the name of a musical artist or band - they span several decades worth of chart music.



- 1. Aircraft data recording unit Black Box
- 2. Pale serpent Whitesnake
- 3. Merlin Wizard
- 4. Very warm galaxy Hot Chocolate

- 5. Raincoat bought near Blackpool Fleetwood Mac
- 6. First man and insects Adam Ant
- 7. Desert Waterhole Oasis
- 8. Insanity- Madness





Fundraising Focus



Please support the fundraising for Sally Cornes, Yr 8.

Any donation, no matter how large or small will go towards heping her to secure specialist treatment to help win her battle against cancer.

Follow the link To support Sally, make a donation and to read more about this amazing young lady follow the link below: SallyGoFund Me

Sally has her own blog http://sallycornes.blogspot.com/ and you can also follow Sally's journey on Instagram and TikTok. Her username on Instagram and TikTok is @aallycornes.

is @sallycancer

Calling all Year 11s...

For the chance to find out more about Runshaw and your chosen courses/subjects and have all your questions answered, register here:

https://www.runshaw.ac.uk/virtual-offer/ for a unique Year 11 Offer Holders' Virtual VIP Event & join Schools Liaison Team and Heads of Studies for a series of LIVE TAKEOVERS!

For more information, or to get in touch, click here:

https://www.runshaw.ac.uk/year-11-virtual-offer-holders-virtual-vip-event-invitation/



The **Duolingo House Competition** is in full swing for 2020!

This is a house comp you can still take part in from home. Let's keep up the house spirit from a distance! Duolingo is a language learning app which has a range of many different languages available to explore. For the competition, you can choose to get even better at a language you are studying or you can choose something completely different if you like. If you no longer study a language, why don't you try out something new?

Each time you do some learning on the app you will earn points for your house.

It's great to see so many students have joined the competition this week! Parents and family members get involved too by checking out the instructions below.

<u>Click here for instructions for joining the STUDENT competition.</u>
<u>Click here for instructions for joining the STAFF/PARENT competition.</u>

<u>Student Competition -</u> Last week's winners were AUSTRALASIA!

<u>Staff/ Parent Competition -</u> Last week's winners were SOUTH AMERICA!

See Mr Stalker's weekly email, sent each Friday, to check the full leaderboard Happy language learning!







'Achievement 'Shout-outs' An opportunity to celebrate some home study
achievements of our pupils

Geography

Shout out to the following Year 9 Geography pupils who have completed all work to a good standard and have been working hard during lockdown:

Boudy, Laiba, Raahim, Ashden, Ewan, Eddie C, Tooba, Emmie C, Liam D, Josie, Molly D, Jack F, Ibrahim, Sophie H, Poppy H, Sam W Sarah-Beth, Matthew M, Tyler M, Ben M, Delta, Harrison, Rosa, Callum S, Grace S, Mrs Eastham, Mrs Ward and Miss Crabtree



A special mention to Beth Maclachlan, Rhys Despard and Charlie Ryder in year 10 whose work has, week on week, has been nothing short of exceptional. Well done Beth, Rhys and Charlie, excellent job! Miss Crabtree







Drama Phoebe Lambert - Year 7

After receiving her task to experiment with an online lighting rig, Phoebe went on to create a stunning presentation of different lighting states to illustrate everything she had tried. This was despite the fact that this was not part of the task - she just wanted to show me how much fun she had had!

Very creative, Phoebe!







Religious Studies

Ben Connor - Yr 10 Eamon Ditchfield - Yr 10

Well done to Ben and Eamon for completing all work set to a very high standard. Keep up the hard work!

Miss Partington







KENILWORTH CASTLE ESSAYS

A super massive congratulations to all Y10 History students who have worked through their historic environment work on Kenilworth Castle remotely in the last two weeks.

Well done to Charlee Anfield, Lewis Greenwood, Megan El-Garidi, Tori Edge, Alysha Roberts, Mia Pilkington, Malaika Malik and Grace McAinish on their fabulous effort and superb standards in their first 16 mark essay.

Mrs Brown, Miss Crabtree and Mr Gallagher













Single-celled photosynthetic organisms

These two excellent pupils have submitted high standard of work on time throughout the whole of lockdown. They have carried out their own research and carried out detailed investigations at home. They must been very organised and independent in order to achieve this!

Well done!



Lottie Murray 10XO

What is biotic?
Biotic can be described as a new living component That affects another organism or shapes the ecosystem.







Head Students' Challenge

HEAD STUDENT CHALLENGE 10:

VLOG YOUR WEEK!!

<u>VLOG THE MOST IMPORTANT OR FUN ASPECTS OF</u>
<u>YOUR WEEK WITH YOUR FAMILY!</u>

THIS WILL GIVE YOU A CHANCE TO LOOK BACK ON THIS TIME IN THE FUTURE.

IT WILL ALLOW YOU TO REMEMBER THE GOOD THAT CAME FROM THIS DIFFICULT TIME!

REMEMBER TO:

- SEND IN YOUR PICTURES AND VIDEOS TO CONNECTED@PARKLANDSACADEMY.CO.UK TO SHARE YOUR EXPERIENCE WITH US ALL, AND TO MOTIVATE OTHERS TO PARTICIPATE!
- EMAIL
 21MMALIK@PARKLANDSACADEMY,CO.UK IF
 YOU HAVE ANY IDEAS FOR UPCOMING
 CHALLENGES!

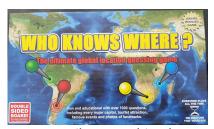
Follow this link to their weekly challenge and let us know how you go on. Head student weekly challenge- week 10

Board Game of the week - Who knows where?

This is Miss Partington's family game of choice.

It is a Geography / General Knowledge game which involves participants working their way around the board with the aim of being the first player to complete a full circuit. Each player takes turns to roll the dice and then answers a question on one of 4 categories:

- 1. Capital City
- 2. Trivia
- 3. Guide Book
- 4. Photograph





Once you have an answer you then need to place a counter on the map where you think the answer is. You can either play with blue cards, which are slightly easier, or red cards, which are quite tricky. It's a fun game to play and helps to expand knowledge at the same time!

What games have you been playing or making at home?
Send your recommendations to: connected@parklandsacademy.co.uk





What to watch...



National Theatre at Home: This House

Enjoying two sold-out National Theatre runs, a live broadcast live in 2013, and a West End transfer, *This House* is a timely, moving and funny insight into the workings of British politics by **James Graham** (*Ink*, ITV's *Quiz*).

It's 1974, and Britain has a hung Parliament. The corridors of Westminster ring with the sound of infighting and backstabbing as the political parties battle to change the future of the nation.

During this era of chaos, when a staggering number of politicians die and age-old traditions are thrown aside, MPs find they must roll up their sleeves, and bend the rules, to navigate a way through the Mother of all Parliaments.

Jeremy Herrin (*People, Places and Things*) directs this much-loved production, available to watch on the National Theatre's YouTube channel from now until 4th June.

Macbeth until secondary schools reopen - all for free!,

The running time is 2 hours 40 minutes with a short interval..



There are lots of free and exciting ways to virtually-attend productions online and stay connected to Shakespeare's Globe at a time when the building is closed. Go to the their YouTube Premieres channel to watch a different play every week plus



FULL-LENGTH
PERFORMANCES
EVERY FRIDAY 7PM BST
FOR 48 HOURS

Every week a new musical is available for 48 hours, so by the time you read this it might be too late to see Hairspray Live. From Friday 29th May until Sunday 31st May The Shows Must Go On takes you to Baltimore so prepare to welcome the 60's!

Available for 48hours Only! - You might just catch it!

If you're a fan of musicals, then you can enjoy a full free performance of an Andrew Lloyd Webber musical every week.



Hairspray Live! tells the inspiring story of Tracy Turnblad (newcomer Maddie Baillio), a plump teen in 1962 Baltimore who wins a spot on a local TV dance programme and ignites a campaign to integrate the show. The three-hour live event is directed by Tony Award®-winner Kenny Leon and features choreography from Tony Award®-winner Jerry Mitchell. The all-star cast includes Kristin Chenoweth, Harvey Fierstein, Ariana Grande, Derek Hough, Jennifer Hudson and Martin Short.

Next week's musical has not yet been announced but follow the link below to take you to their channel and you can book your seat early. The Shows Must Go On





Making History...

Lancashire Archives are appealing for help in creaing a new collection so that future generations understand the effect of COVID19 on everyday life in Lancashire.

We feel sure that, from some of the information you have been sharing with us, you will be able to help.

Lancashire and the COVID 19 pandemic archive collection

You can write it down, draw, make a sound recording or short video recording or take photographs about what has changed and how you feel about it.

Your written experience could be a daily diary, about a single day or event or a poem. Or you might record, video or photograph what life has been like at home, work or where you live.

Contributions are welcome from all ages including children.

They are also appealing for other materials such as:



"Daddy, what did **you** do during the coronavirus?"

- Leaflets/flyers/posters from councils and other local government institutions about the pandemic
- Material from local business relating to closures or changes to how they operate
- Advice from local organisations about hygiene, social distancing and self-isolation
- Information about community efforts to help vulnerable and isolated persons
- Information from local schools regarding closures and home-schooling.

You can send any contributions by email to archives@lancashire.gov.uk including your name, age and the place where you live (not your full address).

For further details and more infomation follow this link: Lancashire Archives.

Caling All Budding Authors ...



One for all the budding authors amongst the Parklands community: The British Library have provided instructions and some inspiration for making a mini book, like the Brontes did when they were children. Click here to read about the history of mini books and for instructions for making your own. Click here to see some examples from famous authors, including Philip Ardagh and Jacqeline Wilson.

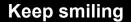
If you want to illustrate your book, click <u>here</u> to see Axel Scheffler explaining his top tips for budding illustrators and <u>here</u> to see him explain and demonstrate how to draw a Gruffalo.

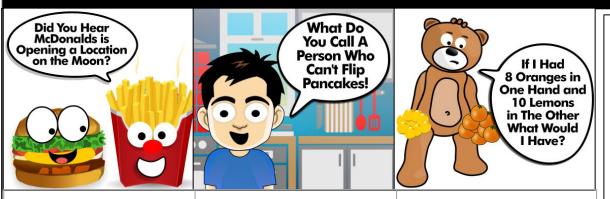
We would love to see any mini books that you make! Miss Pilkington

If you try out or get involved with any of the recommendations let us know at: :connected@parklandsacademy.co.uk









your jokes to:
connected
@parkland
sacademy.
co.uk

Keep

smiling

and send

It'll Have the Same Menu but No Atmosphere

A Flip Flop

Really big hands!

3

Click for additional advice and support for those with Special Educational Needs and Disability SEND weekly support board

Sandcastle refunds - Final reminder that these are available via BACS only and must be processed by the 30th June. Please email accounts@parklandsacademy.co.uk with the name of the pupil, name of the bank, name on the bank account, bank account number and bank sort code.



Chat to friends and family without being face to face and play games at the same time with the **Houseparty App!** It allows users to connect with up to 8 people at a time, and is similar to Skype or Facebook Live, Users must be age 13 and over.

Keep Fit

Sign up to @peparklands Instagram page and join in a live stream class?

Miss Greaves continues to deliver live Zumba sessions and will do them most days. Enjoy!

PE lessons every day

Personal trainer Joe Wicks will be holding live free PE classes at 9am Monday to Friday via his YouTube channel for children of all ages, in a bid to keep everyone moving.

P.E with Joe" | Daily LIVE workouts for kids | The Body Coach

Pick your workout with Parklands NETFLEX . connected@parklandsacademy.co.uk
Sent out on EduLink.

Send us a picture or video of you taking dailiy exercise to connected@parklandsacademy.co.uk

We might include it in next week's 'Keeping Connected'.





Wellbeing

In these challenging times, sadly some families have been affected by loss. This week's newsletter from Lancashire Mind focuses on coping with grief and loss. There's some excellent advice and links to support for shildren, parents, schools and the community. Click on the link for the full guide. Wellbeing Newsletter

Lancashire Mind's weekly wellbeing newsletter



1st June 2828

This week's theme is Coping with Loss and Grief.

When things change in our lives, sometimes it can be very difficult to cope with. This is especially true when change has caused us to lose things we previously had. Coronavirus has caused all of us to experience loss of some sort. Even if e have been fortunate enough not to lose someone close to us, dealing with any ind of loss can be difficult. If you can't speak to someone you know or if doing so has not helped, try out some of our resources: https://

www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health

Children and Young People

'What is loss, ands how can it make us feel?'

Loss can vary in how extreme it feels, but it is completely normal to feel sad about losing all kinds of things, even if what you have lost is not the same as what others have lost. It's important not to feel guilty about this. Have a look at page 2 and page 3 for guidance on coping with loss and grief.

Statt

"How can I help my pupils when schools are closed?"

This is a time of great uncertainty and potential anxiety for all of us, and for teachers and pupils the huge change in circumstances and the loss of daily contact can be very hard to manage. We have compiled links to support for teachers supporting pupils who may have lost someone close to them on page 5.









Parents

'Coping with loss'

Loss can vary in how extreme it feels, but it is completely normal to feel sad about losing all kinds of things, even if what you have lost is not the same as others. Go to page 4 for more info and support.

Follow us on social media - @lancsmind

Find more resources for Children and Young People, Adults and Parents on our website:

www.lancashiremind.org.uk

Set Nine 2020





Cultural Capital

We believe that one the many strengths at Parklands is the emphasis we place on 'Cultural Capital'. Included in the Ofsted framework, it is defined by them as, 'the essential knowledge that pupils need to be educated citizens, introducing them to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement.' Put more simply, at Parklands we encourage our students to think more widely and offer opportunities that might be beyond their everyday experience.

We believe that developing Cultural Capital is the key to social mobility, opening up opportunites for all and ensuring that students from different backgrounds will have equal opportunities in the future. All our students have a 'Cultural Capital' folder and compile evidence of the skills and knowledge they develop.

Here's some excellent ideas from the National Education Union's Educate magazine on CulturalCapital activities to get involved in during lockdown. Why not give one a go? They would be excellent examples for your folders. It wasn't possible to fit the entire article into our edition so click on the link to see the full range of ideas. There's enough to keep you going unit next year!

Let us know what you tried by sending a picture to connected@parklandsacademy.co.uk #ProudToBeParklands



Comedy

Free comedy

Lots of big names including Robin Ince, Al Murray and Josie Long are playing the Stay at Home Festival. Shows are live and free to watch, though donations are encouraged.

o cosmicshambles.com/ stayathome

Drawing

Draw with Rob

Award-winning book illustrator Rob Biddulph is sharing draw-along videos Tuesday and Thursday on his Twitter feed.

@RobBiddulph

Games

Playing cards

This website allows you to play a range of games - not just card games - remotely.

playingcards.io

Museums and tourist sites

art from the 13th to the mid-20th century. There are seven exhibition spaces of Renaissance art to explore as well as the Central Hall in the 360-view virtual touring pages, from portraits to large dramatic altarpieces.

nationalgallery.org.uk

Other sites offering virtual tours include:

Buckingham Palace, London

royal.uk/virtual-toursbuckingham-palace

Egyptian Pyramids

tripsavvy.com/virtual-field-trippyramids-1259200

Guggenheim, Bilbao

guggenheim-bilbao.eus/en

The Louvre, France

louvre.fr/en

Machu Picchu, Peru -

youvisit.com/tour/machupicchu

National Archaeological Museum, Greece

namuseum.ar/en

Palestine Museum





Deep Purple, Carlos Santana and more. Available for free for 30 days from registration.

montreuxjazzfestival.com/en/ 50-concerts-to-stream/

OperaVision

The European Commissionsupported OperaVision is supplying free opportunities to watch toptier performances filmed at the highest quality level, with new shows released weekly on top of a massive back catalogue.

operavision.eu/en

Royal Opera House

The Royal Opera House has created a schedule of live broadcasts and on-demand opera and ballet productions.

o roh.org.uk/streaming

Social Distancing Festival

A directory of all concerts, readings, lectures and events being live streamed from around the world.

socialdistancingfestival.com/ live-streams

Stageit

A collection of online gigs you can stream - not all of them are free but they say the money you pay goes to the artist.

stageit.com

Stay at Home Fest

A central hub and schedule for music events happening online during the pandemic. Sign up for daily updates.

stayathomefest.com

Storytime

BBC Sounds

More than 100 short stories are available to listen to for free as well as many books such as Kidnapped by Robert Louis Stevenson and Silas Marner by George Eliot. There are also 15 children's stories, including The Children's Joke by Louisa May Alcott and Finn and the Scottish Giant by Harold F Hughes.

bbc.co.uk/sounds/category/ audiobooks

Neil Gaiman

Author Neil Gaiman reads his books including The Graveyard Book and Coraline.

mousecircus.com/videos

Not sure where to look for a film or programme you want to watch? This website, which also offers an app, helps you locate it.

reelgood.com

Theatre

BBC's Culture of Quarantine

The BBC has launched this scheme to run while arts venues are locked down. Six of the Royal Shakespeare Company's most recent

productions will be broadcast on BBC Four and will be available on

BBC iPlayer.

The BBC is also collaborating with The Space to present new filmed recordings of Mike Bartlett's Albion, Emma Rice's Wise Children and Battersea Arts Centre's Frankenstein, as well as BalletBoyz's new piece Deluxe. On top of this, Russell T Davies'TV version of A Midsummer Night's Dream and Anthony Hopkins' King Lear will be repeated. David Greig's new play Adventures with the Painted People, set 2,000 years ago in Pitlochry, will premiere on BBC Radio 3. Bryony Kimmings investigates the relationship between opera and motherhood in Opera Mums, while Margaret Atwood and Mary Beard will present a new puppetry show created by Atwood in response to an Edgar Allan Poe tale.

bbc.co.uk/arts

Cookies

Inspired by real-life stories and experiences, this play about cyber safety was first performed in the West End in 2017. Available for free online, the show follows the lives of eight teenagers and is about the positive and negative experiences young people can face online. Available with accompanying educational resources.

masterclass.org.uk/view/ cookies-the-film

National Theatre at Home

Join the National Theatre every Thursday for much-loved National Theatre Live productions, free to stream on YouTube for seven days.

bit.ly/2JPfsfB



Cookies performed in the West End in 2017



Edward Watson in The Metamorphosis © Royal Opera House Tristram Kenton, 2011

Patrick Stewart's Shakespeare Sonnets

British actor Sir Patrick Stewart has decided to read one Shakespeare sonnet a day and stream his reading via Instagram. Shakespeare wrote 154 sonnets so Sir Patrick should be going for some time yet. You can watch previous days' performances on his Instagram page.

instagram @sirpatstew

Shakespeare's Globe Theatre

Six Globe productions will be shown for free via their YouTube channel, one at a time, on rotation every two weeks. They also come with additional online resources including downloadable programs and interviews with the cast.

shakespearesglobe.com/watch

Wind in the Willows

The producers of the hit West End show have made The Wind in the Willows the Musical available to stream online for £2.99. Kenneth Graeme's book and an activity pack are available on the website for free.

willowsmusical.com





Get reading - Book recommendation

Noughts & Crosses - Malorie Blackman

The first in the series that follows the fortunes of Sephy and Callum.

Sephy is a Cross -- a member of the dark-skinned ruling class. Callum is a Nought -- a "colourless" member of the underclass who were once slaves to the Crosses. The two have been friends since early childhood, but that's as far as it can go. In their world, Noughts and Crosses simply don't mix. Against a background of prejudice and distrust, intensely highlighted by violent terrorist activity, a romance builds between Sephy and Callum -- a romance that is to lead both of them into terrible danger.



Suitable for young adults and recently dramatised on the BBC. Currently available on BBCiplayer

Audio Books

Audible are making a wide selection of audio books available to stream for as long as schools are closed. Click on the Audible logo to take you to their site



STEM Education

What is STEM we hear you ask? STEM stands for science, technology, engineering, and maths. By 2030 the U.K. will have over 7 million jobs needing STEM skills and it has been recognised that STEM can help broaden young people's life choices and opportunities in terms of keeping their future options open. There's never been a better time to develop these skills.

Maybe a Parklands student will go on to produce another great British invention that ranks alongside the internet, computer, jet engine, light bulb, television or telephone.

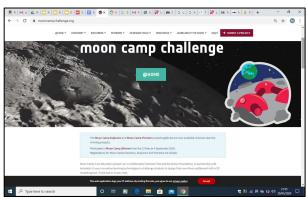
Over the next few weeks we will focus on a few particular activities or challenges provided by STEM.org. This week we've highlighted the <u>Moon Camp Challenge</u> and the <u>Desert Island Survicval Challenge</u>. So, all you budding Helen Sharmans and Bear Grylls - we dare you try.

There are hundreds of activities to choose from so if these don't appeal see what else is on offer at

STEM.org.

Thanks to Mr McAvoy for this.

Could you recommend a book you've read recently? Tried out one of the STEM acitvities? Let us know at connected@parklandsacademy.co.uk









Get Cooking

It's been another busy week for the Parklands baking community.

Thank you to everyone who sent in examples of their cooking and baking. It's great to see a range of sweet and savoury dishes on offer.



Keep baking and sending us pictures of your efforts to:

connected@p
arklandsacade

mv.co.uk







Get Cooking

It's been another busy week for the Parklands baking community. Thank you to everyone who sent in examples of their cooking and baking.

Abby

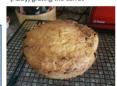
flour

Phoebe Lambert

Me and My sister's carrot cake



That is me mixing the dough and my sister (Abby) grating the carrot



This is the the cake

My sister made the cake with me because she had to make some ww2 food for her homeschooling



Keep cooking and send us pictures of vour efforts to: connected@parklands academy.co.uk

> Lots of cooking going on at home last week... Keep cooking!

Mrs Brookes



400 g dried rigatoni pasta 100 g tomato passata 4 cloves garlic 1 tbsp dried oregano 2 tbsp tomato puree 140 g reduced fat mozzarella 80 g reduced fat cheddar 1/4 red pepper 2 chestnut mushrooms



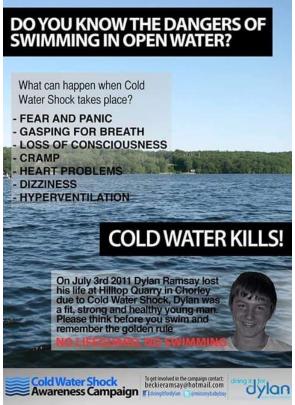


Pizza or Pasta? The Answer: Both - Rigatoni Pasta Pie

- 1.Preheat the oven to 160°C. Bring a large saucepan of water to the boil. Once the water is boiling, add the rigatoni pasta. Cook for 6 minutes - the pasta won't be cooked through but it will finish cooking in the oven. Set aside.
- 2. Finely crush the garlic into a saucepan sprayed with low calorie cooking spray and cook on a low heat for about 5 minutes, stirring frequently and being careful not to burn it. Keeping the heat low, add the passata, tomato puree and herbs. Mix well, add a pinch of sweetener and turn the heat up until it starts to bubble or "blip". Leave to reduce for 15 minutes on a moderate heat, stirring occasionally.
- 3. Meanwhile, finely chop the pepper and slice the mushrooms and tomato. Grate the cheddar cheese and tear the mozzarella into pieces.
- 4.Spray a 24cm spring form tin with low calorie cooking spray. Place the rigatoni pasta tubes upright into the tin – it's best to start at one side of the tin and work across as this keeps them more upright. Once the tin is full, squeeze as many tubes of pasta into the gaps as possible you'll be surprised how many you can fit in!
- 5.Once the tin is full of the rigatoni, pour over the tomato sauce and spread over the top of the pasta. Top with the grated cheddar first, followed by the peppers, mushrooms and tomato slices, and finally the mozzarella.
- 6.Bake in the oven for around 25 minutes until the cheese is golden. Cut into wedges and serve with a salad!





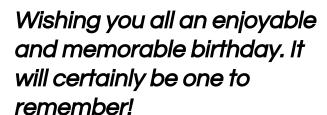




Keep safe and up-to date

The latest coronavirus (COVID-19) information from Public Health England





Sunday 31st May

Harkrishan S 16

Monday 1st June

Jayden W 13

Tuesday 2nd June

Kailen D 14 Ruby-Grace B 12



Wednesday 3rd June

Jamie H 14 Olivia B 12

Thursday 4th June

Rafferty B-O 16 Anna M 16 Izzy S-T 14 Abbie S 14

Friday 5th June

Liam N 16 Callum D 13 Alexia C 12

Saturday 6th June

Rihanna A 14 Natasha G 14









