



# PARKLANDS- KEEPING CONNECTED

## 27th April- 3rd May

### Issue 6



#### Headteacher's Message

Hello everyone,

I hope you are all keeping well, staying at home, and coping with the work teachers have been setting. There is much talk going on at the moment about when the lockdown will be lifted, what the government's exit strategy is, when schools are going to reopen etc. No concrete information is coming from the government, which is perhaps to be expected as the number of deaths from Covid-19 isn't falling quickly enough. But there is a lot of discussion going on between the government and teaching unions about how the reopening of schools will work.

Personally, I don't think we will reopen until next half-term at the earliest, so possibly some time in June. However, if we are to continue with social distancing, it is clear that we can't all come back to school at the same time. We will undoubtedly have to come up with a plan of a phased return, starting probably with Year 10, but again we will need to seriously consider how we can guarantee that safeguards are in place to ensure social distancing is possible. We may have certain days allocated to year groups, or bands within a year group, we may have to look at how and where we can teach you without putting you and the staff at risk; so there is much to think about, but I will follow all advice given to schools and decide with my senior team how best to reopen Parklands. Until then, it is important that you try your best to keep working at home and submitting your work via Google Classroom as previously advised.

Parents Evenings: clearly these can't go ahead, so the scheduled Year 9 and Year 10 Parents Evenings are cancelled. We also won't be providing any type of report at the moment either.

Thanks again for all your warm wishes during this difficult time, and it's wonderful to see so many activities going on at home which we are able to include in these bulletins. My eldest son baked his first loaf of bread this week, my middle son has baked the most delicious chocolate chip cookies with a gooey centre, and for years I've wanted to bake a Bakewell tart - so today, I found I had all the ingredients and gave it a go! What will you be baking?

Take care, keep safe!

Mr Mitchell



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### Quiz time

1. Leonardo di Caprio and Tom Hardy starred in a 2015 film called *The Revenant* but what is a **revenant**?
2. To the nearest acre, what is the area of land occupied by Parklands and its playing fields?
  - A. 9 acres
  - B. 19 acres
  - C. 29 acres
  - D. 109 acres
3. Which capital city was planned by *Pierre Charles L'Enfant*?
4. *Leslie Charles* had six top ten hits in the 1970s and 80s. How is he better known?
5. When did the Queen last present the trophy to the winners of the FA Cup at Wembley?

**Answers will be provided in the next edition**

### Last week's answers are below:

1. *Lampy* is 173 years old and insured for £1 million but what or who is *Lampy*? *The first ever garden gnome*
2. How many hat tricks has Cristiano Ronaldo scored for his international team Portugal?  
A. 7 B. 9 C. 12 D. 20. *B 9*
3. In what year did *Parklands* introduce the vertical tutoring or House system? *2012*
4. The dinosaurs became extinct at the end of the *Cretaceous* period but what geological period are we in now? *Quaternary*
5. What is the highest prime number that is less than 1000? *997*

Thanks to Mr Whalley for providing the quiz.

### Fast Food Logos



1

2

3

4



5

6

7

8

Can you spot the fast food companies from their logos?

**Answers in our next edition.**

Thanks to Mrs Curtis for providing this quiz

### Cryptic Animals - Last week's answers are below

1. Naked Bear 2. Expensive mammal Deer 3. Bird found at the end of a long piece of string Kite 4. Farm animal worth 50 points Bull 5. This snake is good at maths Adder 6. A burning vowel Flamingo 7. A country Turkey 8. Eight cats Octopus



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## Head Students' Challenge

# HEAD STUDENT CHALLENGE 6:

**WE HAVE NOW BEEN IN LOCKDOWN FOR SIX WEEKS, IT'S TIME TO SHARE OUR EXPERIENCES.....**

**ROUND UP YOUR FAMILY, BECAUSE IT'S TIME TO GET CREATIVE....**

### THE TASK:

**YOU AND YOUR FAMILY MUST CREATE A SHORT LYRICAL COMPOSURE TO DEMONSTRATE YOUR EXPERIENCE OF LOCKDOWN SO FAR. IT MUST BE BETWEEN 4 AND 8 LINES. GET WRITING!**

### YOU COULD:

- WRITE A POEM
- WRITE THE CHORUS OF A SONG
- MAKE UP A CHANT

### REMEMBER TO:

- SEND IN YOUR WRITTEN WORK TO [CONNECTED@PARKLANDSACADEMY.CO.UK](mailto:CONNECTED@PARKLANDSACADEMY.CO.UK) TO SHARE YOUR EXPERIENCE WITH US ALL, AND TO MOTIVATE OTHERS TO PARTICIPATE!
- EMAIL [21MMALIK@PARKLANDSACADEMY.CO.UK](mailto: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 6](#)

Get writing. Get singing. Get creative!

Send us pictures of any of your attempts at the Head Student Challenge to: [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

## Board Game of the week - Snakes and Ladders



Fun for all the family.

**One of the most long standing and enduring board games of all time.**

An easy one to play where everyone stands an equal chance at winning. It really is down to luck!

Try designing your own board. You can also make it more fun by replacing the counters with sweets such as Smarties, Minstrels or Refreshers.



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duolingo

#### DUOLINGO HOUSE COMPETITION 2020

In light of the strange new situation we are now all in, the Duolingo House Competition has returned 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 and I will email out the leaderboard each Friday.

This week's winners were: Students - Asia House and Staff/parents - South America

Student leaderboard:

HOUSE	XP
ASA	1268
SAM	985
ANZ	784
EUR	219
AFR	178

Staff/Parent Leaderboard:

HOUSE	XP
SAM	15133
ASA	4913
ANZ	3695
EUR	1609
AFR	665

[Click here for instructions for joining the STUDENT competition.](#)

[Click here for instructions for joining the STAFF/PARENT competition.](#)

Happy language learning!

Mr Stalker

### Keep smiling

This week's jokes have all come from staff - they're just as corny as usual!



Keep smiling and send your jokes to:

[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

Do you want to hear a joke about pizza?  
Never mind, it's too cheesy.

What did one plate say to the other plate?  
Dinner is on me!

Where do you learn to make banana splits?  
At sundae school.

Where do burgers go to dance?  
The meat-ball.

Who can drink 2 litres of petrol without feeling sick?  
Jerry can

Thanks to Mrs Brookes and Mr Crampton for this week's contributions. Can you spot which one/s they sent? Hint - think about the subject they teach!



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#### Get reading - Book recommendations

And such a lot of them..!

Clearly an avid reader, this week's recommendations come from Angela De La Mare in Yr11. Lots of young adult fiction and a few classics- there really is something for everyone.

The Exact Opposite of Okay - Laura Steven  
The Hobbit - J.R.R Tolkien  
Wonder - R J Palacio  
Love, Lucie - Marita Conlon-McKenna  
Simon vs. the Homo Sapiens Agenda - Becky Albertalli  
The Adventures of Tom Sawyer - Mark Twain  
Brave New World - Aldous Huxley  
The Hate U Give - Angie Thomas  
The Perks of Being a Wallflower - Stephen Chbosky  
The Hunger Games (trilogy & upcoming prequel!!!) - Suzanne Collins  
Eleanor & Park - Rainbow Rowell  
Everything, Everything - Nicola Yoon  
All the Bright Places - Jennifer Niven  
It - Stephen King  
Cell - Stephen King  
We Were Liars - E. Lockhart



Send your recommendations for a good read to [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

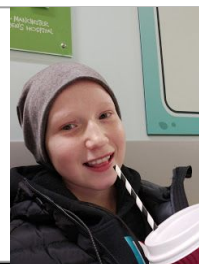
Click for additional advice and support for those with Special Educational Needs and Disability  
[SEND weekly support board](#)

Please support the fundraising for Sally Cornes, Yr 8. Any donation, no matter how large or small will go towards helping her to secure specialist treatment to help win her battle against cancer.

Follow the link to read more about this amazing young lady.

[SallyGoFund Me](#)

Sally also has her own blog <http://sallycornes.blogspot.com/>



#### 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



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## Emotional Health and Wellbeing

Dear Parents/carers,

With 'wellbeing' being a concern for everyone during these anxious times, Lancashire Mind have informed us of the following webinars which may be useful for our families.

Sam Tyrer, the founder of Change Talks, a Children and Young People's organisation, and his colleague, Dave, are hosting live webinars called 'Mental Health Family Hour' every Tuesday at 10am. A pre-recorded session on YouTube has been tested and received a great response. Click on the [link](#) here

Each of the live sessions will also be uploaded to YouTube. They can be watched at any time and they will be useful for everybody at this time. These sessions will especially create a great opportunity for families to discuss their mental well-being and hopefully lead to some positive discussions.

All you have to do is click the link [www.twitch.tv/mindsetbydave](http://www.twitch.tv/mindsetbydave) every Tuesday morning at 10am and you will immediately tune in to the live streaming. They have opted for this platform as it enables them to run their PowerPoint alongside their discussion. There will also be an opportunity at the end of each session to ask questions.

We hope you find this useful.

Best wishes,  
John Pilling

## Links to staying safe and healthy

There's some really useful tips and advice in the links below.

They have been provided by the local authority and contain a range of links to activities, ideas and support

[Emotional Health & Wellbeing](#)

[Mental health advice and resources](#)



## Chorley Buddies

# 01257 542367

**Want to talk to someone? We're listening**  
**Want to be a PhoneBuddy? We'll connect you**  
**Need a ShoppingBuddy? We'll get it for you**  
**Need meds or Scripts delivered? We'll do it**

LINES ARE OPEN FROM 9AM TO 9PM, WITH ANSWERPHONE  
OUTSIDE THOSE HOURS



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.



# PARKLANDS- KEEPING CONNECTED 27th April- 3rd May Issue 6



## What to watch...

### Are you missing live sport?

We won't get to enjoy the great summer of live sport we were hoping for with Euro 2020, Wimbledon, and the Olympics in Japan but we can still enjoy some recent and vintage sport . Some leagues have made their sporting archives free to stream for a limited time including FIFA World Cup matches, NBA basketball, NFL American football, and NHL ice hockey

### Full-length past World Cup football matches & films via FIFA YouTube

It's not quite the football coming home that we were hoping for, but right now you can bring selected World Cup matches to your home as [FIFA's official YouTube channel](#) is streaming full-length games and films from past World Cup tournaments weekly for free. At the time of publication it had streamed 17 full matches which you can now watch on demand including England vs USA from the France 2019 Women's World Cup, England vs Germany from South Africa 2010, France vs Argentina from Russia 2018 & Germany vs Sweden from USA 2003 – see [the full list](#).



**The 2019-20 NBA basketball season & classic games.** You can watch the [NBA League Pass](#) streaming service for free (normally £150 a year) until Mon 31 Aug. The service includes all games that have been played from the temporarily -suspended 2019-20 season, as well as every game from the 2018-19 season

**The 2019 NFL American football season & more.** America's National Football League has grown in popularity in the UK over the past few years,. If you're an NFL fan or you want to give it a go, you can get the [NFL Game Pass](#) for free (normally £40 a year) until Fri 31 July. The streaming service includes all games from the 2019 season, as well as NFL's *Hard Knocks* documentaries.



### The 2019-20 National Hockey League season games.

The NHL is the world's top ice hockey league, pitting American and Canadian teams against each other. Far removed from Dancing On Ice, this sport is famed for its speed and its danger.

Until Thu 30 Apr, you can watch full games from the 2019-20 season for free. Go to [NHL online](#)

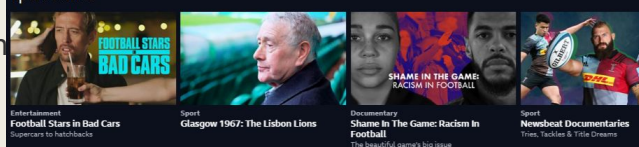
**BBC iPlayer** If you've a TV licence, it's worth checking what [BBC iPlayer](#) has on demand in its sport section.

It has a lot of highlight shows, sports related documentaries but also includes some full-length replays for a limited time. Recently you could re-live past football games, the World Snooker Championship semi-final from 2014 with Neil Robertson & Mark Selby and for rugby fans, you could watch Wales taking on Ireland from 2005, with Wales' chance to win its first Grand Slam in 27 years.

#### World Snooker: Crucible Classics



#### Sport Stories





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## What to watch...

If sport is not your thing then there's still plenty of choice...

This week the National Theatre are presenting William Shakespeare's whirlwind comedy of mistaken identity, *Twelfth Night*.

### [National Theatre at Home: Twelfth Night](#)

A ship is wrecked on the rocks: *Viola* is washed ashore but her twin brother *Sebastian* is lost. Determined to survive on her own, she steps out to explore a new land. Featuring **Tamsin Greig**.

Where music is the food of love, and nobody is quite what they seem, anything proves possible



This fourth streaming performance was *first shown* on 23 April and is available until 7pm on Thursday 30 April but you'll need to start watching by 4pm, at the latest, on 30 April to ensure you see it all.

## THE SHOWS MUST GO ON!

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

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

Every week a new musical is available for 48 hours, so by the time you read this it might be too late to see Friday's performance of *Love Never Dies*.

Next week's musical has not yet been announced but if you follow the link below it will take you to their channel and you can book your seat early.

[The Shows Must Go On](#)



## Calling all talented young people!

Are you aged 14-25 with a skill to share? Do you love performing and want a platform to present it?  
Or have you spent lockdown perfecting a talent but have no one to see?  
This is your opportunity to show it! Whether you're a band or a baker, a dancer or dramatist, a singer or slam poet, or anything in between- sign up for the Young Storyhouse Online Takeover to finally have the chance to reach the audience you deserve and be broadcast on the Storyhouse virtual stage.

Register your interest now via the form link below, or if you prefer by emailing [youngleaders@storyhouse.com](mailto:youngleaders@storyhouse.com) for more information.

[Use the form here.](#)





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## Parklands Got Talent ...



### MOUSETRAP MONOLOGUE SLAM! #MousetrapMonologueSlam

Mousetrap are inviting your students to perform a monologue of their choice - from a play, a film, or even one they've written themselves. All you need to do is share it with them on their social media using #MousetrapMonologueSlam and their favourite entries will be in with a chance of winning West End theatre tickets when they reopen. Now that's something for students to look forward to!

Monologue Slam will run from **Monday 20th April 2020 to Friday 8th May 2020**. Share the details with your students/youth theatre members here: <https://www.mousetrap.org.uk/monologue>

### Virtual Auditions with Fourth Monkey

Fourth Monkey are running **Virtual auditions for Fourth Monkey Actor Training Company's 2020 intake**. As with all Fourth Monkey auditions, these virtual auditions are free of charge and time slots are available throughout the day for all upcoming audition days.

Virtual auditions will take place over Skype or a similar video call platform (whichever the student has access to), and each student will have 40 minutes maximum with the audition panel, comprising of one of the Fourth Monkey's Directors. To read more look at [Fourth Monkey's website](#).



Fourth Monkey have also made a creative engagement project for young people! In connection with their upcoming production, [In The Shadow of Walls](#), which has been in development since November 2019, they are inviting young people to creatively respond to the following question:

***"What walls do you live within?"***

They were planning to launch this activity much later in the year, but given the current situation they hope it will aid young people's self-expression and give a platform to creatively share how they're feeling.

How to get involved: visit their [website](#) or [download the Info pdf](#)

How to share creations: young people can share their creative ideas on social media using the hashtag #BeyondWalls #BeyondTheatre and tag [@Fourthmonkey\\_ensemble on Instagram](#) or [email them](#) and they will share them.

What will happen with the work? A number of your creations will be exhibited in the reception area of the theatre spaces where we will performing the production - eventually!

Don't forget to send us pictures of your efforts to: [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)



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## Parklands Cares

Our amazing Mr McAvoy has been using our Parklands 3D printer at home to create PPE for frontline NHS staff.

He's been taking part in the #PrintForVictory scheme and, after setting up a bit of a production line in his kitchen (which his children loved!), to date he's been able to make 20 NHS face guards.

Mr McAvoy has been informed this essential equipment is now being used in a general practice in Glasgow. Mr McAvoy submitted the masks with the following message to the doctors and nurses from all of us at Parklands:

*Dear NHS staff*

*Thank you so much for your bravery and hard work. This is nothing new for the NHS, but we are especially grateful during these testing times. Please accept this 3D printed PPE which has been produced by our School's facilities.*

*We really hope it helps.*

*Best wishes Parklands High School, Chorley*

He also included a couple of rainbow pictures and messages produced by his two daughters. This was the response from Kay at 'Print for Victory';

*I got them - you are on my list of people to email today,  
I cried.*

*Your little notes and pictures were lovely - thank your family so much from us all.*

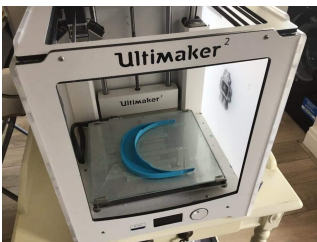
*I have put the letters and pictures in plastic wallets and sealed them up so I can send them on having given them a clean.*

*I am going on my post run later so my after lunch job is to find some lovely little remote GP surgery that we have been unable to help so far to send them on to!*

*I will try and let you know a bit about where they go*

*Kay*

In recent days Mr McAvoy has found another design for PPE which might allow him to produce up to 200 PPE pieces in one day, using the school's laser cutter. We'll keep you posted.



We could not be prouder Mr McAvoy! 🙌🙌 #ProudToBeParklands

Keep in touch and let us know what you're up to: [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)



# PARKLANDS- KEEPING CONNECTED 27th April- 3rd May Issue 6



## Parklands Cares



Had we been in school we would have marked Earth Day through a series of activities to raise awareness on environmental issues and climate change.

However, there's nothing to stop you doing this from home. In fact, as students are distance learning and isolated from their friends and family, celebrating Earth Day could be a great way for students to connect with elderly relatives. In this activity, students are encouraged to talk to their elderly relatives, either online or over the phone.

A lesson plan has been created in collaboration with Google Earth to help students protect the planet from home.

It's time for a conversation about *then* and *now*. In this activity we invite students to connect with an elderly relative. How has the world changed since they were young? Students can then bring their climate findings to life by drawing the *then* and *now* and share their finished art or tag us on social!

[Follow this link for information and plans](#)

Share your efforts with us- whether that's a picture, a piece of writing or drawing we'd love to hear from you: [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)



Would you like to write a letter to isolated/ elderly people to help spread a bit of joy and remind them they aren't alone at this time?

We're looking for volunteers to write notes that will be sent to nursing homes and people in our community who might appreciate a lovely letter.

Please send your letters to [jdonohue@parklandsacademy.co.uk](mailto:jdonohue@parklandsacademy.co.uk)

#ProudToBeParklands



# PARKLANDS- KEEPING CONNECTED

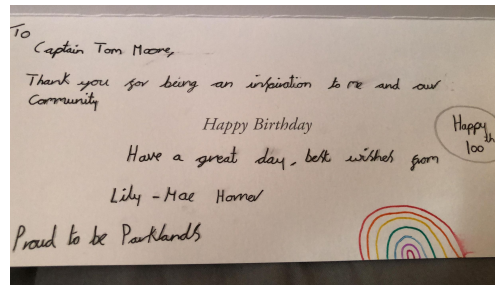
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## Can we make it a century ?

In response to our suggestion that we make and send Captain Tom birthday cards for his imminent 100th birthday, we've had a number of examples.



Thanks to Alfie Howarth, Lily-Mae Horner and Robyn Hitchen, all Yr 7, for these lovely, thoughtful contributions #proudtobeparklands

It's not too late to make and send Captain Tom a card before his birthday on 30th April.

We know that the Parklands community is generous and caring - the true embodiment of our motto

**LEARN - RESPECT - ASPIRE - ACHIEVE**

Just like Tom set himself a target of 100 laps, we'd like to send Tom **100 birthday cards** from **100 of the Parklands community**.

So, students, staff and families please get making Captain Tom Moore a birthday card. Add #proudtobeparklands on it.

Send us a picture of your card showing the #proudtobeparklands to [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk). Let's see if we can make it to **100**.

Once you have sent us your picture you can send your card directly to the address shown above. Sorry, it's not freepost so don't forget to put a stamp on your envelope before posting.

**100<sup>th</sup>**  
**Birthday Cards**  
**for Tom**

**Captain Tom Moore**  
C/O Post Office Limited  
67 Bedford Road  
Marston Moretaine  
MK43 0LA  
Bedfordshire, England





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## Keep Fit

Join our next challenge, which is to dance to the #wereallinthistogether from High school musical!

Miss Greaves will be linking the staff and student dances together! Join in, even if you can only do the first half!

The video of the original cast is [here!](#) There are plenty of tutorials online

Email [ngreaves@parklandsacademy.co.uk](mailto:ngreaves@parklandsacademy.co.uk) with your dance.



**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](#)

Mrs Eastham is running a little competition this week with her walking/running friends (and some of their children have joined in too) and thought other students and families might like to do the same.

Based on daily exercise of walking, running or a combination of the two they aim to see who can run or walk the most in a week (done by team).

They send Mrs Eastham their Strava/Runkeeper screenshots of their permitted exercise, on a daily basis and she updates throughout the day. Could you do this against your friends, or another family? Some small prize at the end e.g losing family or group buys their friends chocolate or a drink at the end of the lockdown?

This is what they have done so far this week.....

	Team Chorley	Km	Team Whittle/Euxton	Km
1	Team Chorley		Team Whittle/Euxton	
2	Darren	48.78	Steph C	65.67
3	Fiona	34.31	Polly	37.22
4	Catherine	34.62	Claire	33.25
5	Al (working)	30.03	Liz	29.44
6	Carol	60.31	Heather	15.73
7	Steph Coops	13.68	Jacqui	42.25
8			Paul C	11.35
9	Steph R	23.35	Tony	22.99
10	Dave R	25.57	Michael	61.42
11	Hannah	23.28	Will	15.09
12	Layla	34.62	Katie	41.58
13	Michael	18.06	Darren	
14		346.61		375.99

It has definitely motivated some of her friends to get moving a bit more and after all, the weather is beautiful!

Mrs Eastham

Why not send us a picture or video of how you're taking daily exercise to [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)?

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

## Get cooking ...

Thank you to everyone who sent in their examples.  
We've got contributions from staff and year 7s and year 8s this week.



## PIZZA WHIRLS

### TYPE OF DISH:

MULTICULTURAL PRODUCT FOR A PARTY PACK

### Skill Rating:



### INGREDIENTS

200g strong plain flour  
Pinch salt  
125ml warm water  
25g sunflower margarine  
1 sachet dried yeast  
1 teaspoon dried mixed herbs  
100g tomato purée or tomato-based pizza topping  
100–150g Cheddar or mozzarella cheese.

### EQUIPMENT

Baking tray Palette knife  
Mixing bowl Grater  
Pastry brush Flour dredger  
Measuring jug Rolling pin  
Sharp knife Clingfilm.  
Kettle  
Round-bladed knife

### SPECIAL POINTS

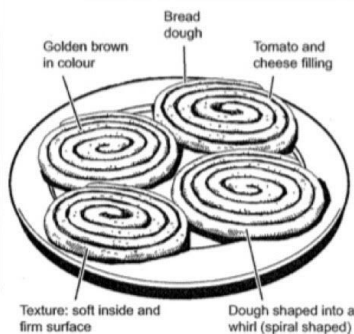
- It is important that the correct amount of water is added to the bread mixture (you may not use it all or you may require more).
- Water should be warm but not hot in order to activate but not kill the yeast. (Test with little finger).
- When rolling dough into sausage shape, try to keep even thickness to ensure quality product.
- When putting pizza whirls on baking tray, do not put too close together – they will expand on proving and baking.

### OVEN TEMPERATURE

Electric 200°C/Gas 6

### COOKING TIME

Approximately 15-20 minutes



Fantastic Pizza Whirls from Phoebe Lord Year 8, along with the recipe to make your own.

- Additional ingredients could be added to bread mixture to give alternative flavour, colour or texture e.g. cheese, herbs, spices, onions, tomato purée.
- Additional ingredients could be added on top of bread dough rectangle to give alternative colour, flavour, texture e.g. chopped ham, tuna, mushrooms.

### PROCESS

- 1) Wash hands and put apron on.
- 2) Collect equipment.
- 3) Weigh and measure out ingredients.
- 4) Preheat oven to 200°C/Gas 6.
- 5) Grease baking tray.
- 6) Grate cheese.
- 7) Put flour and pinch of salt into mixing bowl.
- 8) Add margarine and rub into flour with fingertips.
- 9) Add sachet of dried yeast and mix into flour with table knife.
- 10) Measure out 125ml warm water into a measuring jug (you could use hot water from kettle and cold water from the cold water tap to get required temperature).
- 11) Add water, **a little at a time**, mixing with a round-bladed knife until the mixture forms a dough (dough should be soft, but not sticky and there should be no floury dry bits at the bottom of the mixing bowl).
- 12) Sprinkle flour onto work area using flour dredger.
- 13) Put dough onto floured work surface and knead for approx. 5 minutes.
- 14) Roll dough out into rectangular shape approx. 30cm x 25cm.
- 15) Spread tomato purée or tomato pizza topping onto dough. (Make sure topping reaches the edges).
- 16) Sprinkle grated cheese evenly over tomato topping.
- 17) Sprinkle herbs on top.
- 18) Roll dough (lengthways) into a neat and even sausage shape.
- 19) Brush edges with water and seal gently with fingers.
- 20) Using a sharp knife, cut into 2-3cm pieces and place flat side down onto baking tray.
- 21) Cover baking tray loosely with clingfilm and put in a warm place (e.g. top of cooker or on a chopping board in grill compartment). Leave for approximately 10-15 minutes to prove (until doubled in size).
- 22) Remove clingfilm and place baking tray in oven and cook pizza whirls for 15-20 minutes until cheese is melted and they are golden brown.



# PARKLANDS- KEEPING CONNECTED

## 27th April- 3rd May

### Issue 6



## Get cooking ...

Thank you to everyone who sent in their examples.  
We've got contributions from staff and year 7s and year 8s this week.

Don't forget to send us pictures of your efforts to:  
[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)



Here's George Hamblet, yr 7, who organised pizza night for him and his sister on Friday.

He mixed and rolled out the dough, added pepperoni, mozzarella & cheddar for toppings  
Looks delicious!

Mrs Brookes spotted this...  
if you've ever shopped and eaten in this well known Swedish furniture store - you will know they are famous for their Swedish Meatballs and cream sauce...

in these unusual times they have decided to give away their famous recipe! With instructions in their usual style!

Link below to written instructions if you prefer. Enjoy!  
Mrs Brookes

[Ikea Swedish Meatballs at Home](#)

## IKEA MEATBALLS AT HÖME

(SERVES 4)



### INGREDIENTS - MEATBALLS

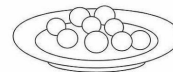
- 500g beef mince
- 250g pork mince
- 1 onion finely chopped
- 1 clove of garlic crushed or minced
- 100g breadcrumbs
- 1 egg
- 5 tablespoons of milk (whole milk)
- generous salt and pepper

1



**Meatballs:** Combine beef and pork mince and mix with your fingers to break up any lumps. Add finely chopped onion, garlic, breadcrumbs, egg and mix. Add milk and season well with salt and pepper.

2



Shape mixture into small, round balls. Place on a clean plate, cover and store in the fridge for 2 hours (this will help them hold their shape whilst cooking).

3

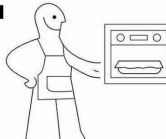


In a frying pan, heat oil on medium heat. When hot, gently add meatballs and brown on all sides.

### INGREDIENTS - CREAM SAUCE

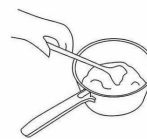
- dash of oil
- 40g butter
- 40g plain flour
- 150ml vegetable stock
- 150ml beef stock
- 150ml thick double cream
- 2 teaspoons soy sauce
- 1 teaspoon Dijon mustard

4



When browned, add to an ovenproof dish and cover. Place in a hot oven (180°C conventional or 160°C fan) and cook for a further 30 minutes.

5



**Icenic Swedish cream sauce:** Melt 40g of butter in a pan. Whisk in 40g of plain flour and stir for 2 mins. Add 150ml of veg stock and 150ml of beef stock and continue to stir. Add 150ml double cream, 2 tsp of soy sauce and 1 tsp of Dijon mustard. Bring it to a simmer and allow sauce to thicken.

6



When ready to eat, serve with your favourite potatoes - either creamy mash or mini new boiled potatoes. Enjoy!



# PARKLANDS- KEEPING CONNECTED

## 27th April- 3rd May

### Issue 6



## Get cooking ...

### Miss O'Dolan's Carrot Cake

#### FOR CARROT CAKE

- 2 cups (250 grams) plain flour
- 2 teaspoons baking soda
- 1/2 teaspoon fine sea salt
- 1 1/2 teaspoons ground cinnamon
- 1 1/4 cups (295 ml) vegetable oil
- 1 cup (200 grams) granulated sugar
- 1 cup (200 grams) lightly packed brown sugar
- 1 teaspoon vanilla extract
- 4 large eggs
- 3 cups (300 grams) grated peeled carrots (5 to 6 medium carrots)
- 1 cup (100 grams) grated apple

#### FOR CREAM CHEESE ICING

- 8 ounces (225 grams) cream cheese, at room temperature
- 1 1/4 cups (140 grams) icing sugar
- 1/3 cup (80 ml) double cream

#### CAKE BATTER

Heat the oven to 180C. Grease a large cake tin and line the bottom with parchment paper then grease the top of the paper. Or, grease and flour the bottom of the tin.

In a medium bowl, whisk flour, baking soda, salt, and the cinnamon until well blended.

In a separate bowl, whisk the oil, sugars, and vanilla. Whisk in eggs, one at a time, until combined. This can get messy so make sure you are wearing an apron!

Switch to a spatula. Scrape the sides and bottom of the bowl then add the dry ingredients in 3 parts, gently stirring until they disappear and the batter is smooth. Stir in the carrots and apple.

#### BAKE CAKE

Transfer the batter into your cake tin. Bake until the tops of the cake layers are springy when touched and when a toothpick inserted into the center of the cake comes out clean, 35 to 45 minutes.

Cool the cake in the tin for 15 minutes and then turn it out onto a cooling rack, peel off parchment paper and cool completely. (If you find that your cake is stuck to the bottom of the tin, leave the cake tin upside down and allow gravity to do its thing).

#### TO FINISH

In a large bowl, beat the cream cheese with a whisk until it goes really creamy. Then add in the sugar- just a little bit at a time until the mixture becomes fluffy. Then add in the double cream and whisk it until it is smooth. Chill the icing in the fridge until you are ready to ice your cake.

Once the cake is completely cooled you need to slice it in half and add a layer of icing- don't use too much icing in the middle otherwise you will run out!

Then you ice the top of the cake, if you have enough icing you can do the sides too.



Here's one Miss O' Dolan made earlier!

Don't forget to send us pictures of your efforts to:

[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)





# PARKLANDS- KEEPING CONNECTED

## 27th April- 3rd May

### Issue 6



## Get cooking ...

Thank you to everyone who sent in their examples.  
We've got contributions from all year groups and some staff too.



Keep baking and sending us pictures of your efforts to:  
[connected@parklandsacademy.co.uk](https://www.facebook.com/connected@parklandsacademy.co.uk)

Gracie Pymm, Y7, has been hard at work all week.

Great levels of concentration are on display as she prepares homemade burgers for their barbecue day and sweet and sour chicken on another day. Of course, taste testing is essential to check that the recipe is spot on!

It was family effort when Gracie's and her brother, Mason, prepared homemade pizzas. Well done !

### Miss Crabtree's Double Chocolate Cookies with white chocolate

- 200g softened butter (or stork)
- 300g soft brown sugar (caster sugar can also work)
- 2 tsp vanilla extract
- 2 eggs
- 300g self raising flour
- 80g cocoa powder
- 1 tsp baking powder
- 100g bar of white chocolate separated into squares.

#### Method:

1. Heat oven to 180 degrees.
2. Cream butter and sugar together until light and fluffy then mix in the beaten eggs and vanilla extract.
3. Sift the flour, baking powder and cocoa powder into the mixture a bit at a time. Mix in. Don't add all the flour in at once as it will be difficult to mix and will affect the outcome of your cookies.
4. Fold in the chocolate pieces (always better to use chocolate pieces than chocolate chips).
5. Spoon a tablespoon of mixture onto a baking tray (you can line the baking tray with baking paper if you wish). Make sure you leave a space between each tablespoon of mixture as the cookie will expand in the oven.
6. Bake for around 12 minutes if you want them soft.







# PARKLANDS- KEEPING CONNECTED

## 27th April- 3rd May

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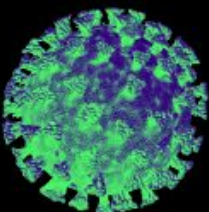
HM Government



# CORONAVIRUS

# STAY AT HOME

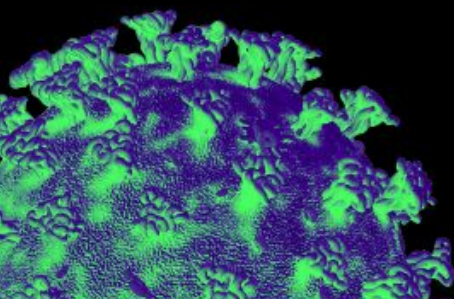
# SAVE LIVES



Anyone can spread Coronavirus.

The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family



**CORONAVIRUS**  
**STAY HOME**  
**PROTECT**  
**THE NHS**  
**SAVE LIVES**

**Keep safe and up-to date**

The latest coronavirus (COVID-19) information from [Public Health England](https://www.gov.uk/government/organisations/public-health-england)



*Enjoy your birthday with loved ones, creating memories to last.  
Happy Birthday from the Parklands community.*

**Sunday 26th April**

Mrs Robinson  
Ellie H 15  
Malaika M 15  
Myles H-S 14  
Mia G 13  
Alfie S 13

**Wednesday 29th April**

Mrs Curtis  
Jack S 15  
Joel H 13

**Thursday 30th April**

Lauren P 16  
Erin T 16  
Isabella J 13  
Oliver F 12  
Phoebe L 12

**Monday 27th April**

Emily C 15  
Rebecca H 15  
Charlie C 13  
Ruby C 12  
Jake G 12

**Friday 1st May**

Lucy H 15  
Libby B 14  
Katie P 14  
Ellie P 14

**Tuesday 28th April**

Abigail W 16  
Charlie W 16  
Kyle C 14  
Josh Q-H 14  
Izzy B 13

**Saturday 2nd May**

Izzy D 16  
Keira H 13  
Matthew R 12

