



# SCISSETT MIDDLE SCHOOL

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Headteacher: Mrs A Large

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**Dear Year 7 Parent/Carer,**

The Design Technology Department, for many years, has strived to provide high quality learning opportunities for pupils, allowing them to experience a wide range of materials and processes to develop their knowledge and skills. However, due to ever increasing costs and the reduction in overall school budgets, I am writing to ask you for a voluntary contribution of **£5** towards the cost of materials which will be split between Resistant Materials and Textiles. This will enable us to purchase quality materials such as fabric, aluminium, softwood and acrylic for the pupils' use.

Under the terms of the 1988 Education Act there is no obligation to contribute and no pupils will be omitted from any of the activities. However, unless a substantial majority of parents is willing to offer voluntary contributions we would not be able to offer products of as high a quality as we may wish.

With regard to Food Technology, we are now looking to provide all of the basic ingredients to cover; recipes throughout the year, food tasting sessions and aluminium foil containers/pizza boxes as required. This will ensure that every pupil is able to cook and help reduce the cost to parents as we will be able to purchase ingredients in bulk quantities. The cost for the year is **£13**.

**If you do not wish to pay the ingredients, parents will be expected to provide the ingredients for cooking lessons.** Please note that pupils eligible for free school meals will be exempt from this as funding has already been allocated to cover this cost.

I would appreciate if you would pay the above costs online using ParentPay.

Thank you in anticipation of your support.

Yours sincerely

*M Bishop*

Mr M Bishop

Head of Design Technology

*The Food Department here at Scissett Middle School would like to set up a practical network to provide a rich learning experiences for our students. We would welcome contacts from local food businesses, chefs and food experts. Would you be interested in coming into work with our students?*

Please let us know if you can help in any way.

Name: ..... Contact No/Email.....

Further Information:  
.....



# Recipes for Year 7 – Foods from around the world

The students will be charged £13 for the year.

Allergens are in blue

## 1. Blueberry muffin

125g Self-raising flour, 50g sugar, 1 teaspoon Baking Powder, 1 teaspoon cinnamon, 125ml milk, 45ml oil, 60g blueberries, ½ egg.

*Optional – students can add chocolate chips, NO NUTS*

## 2. Sushi – Teacher demonstration – students try 1 roll

Nori seaweed, sushi rice, cucumber, soy sauce, crispy duck, hoisin sauce.

## 3. Italian Pasta

100g dried pasta, 25g Mozzarella, 1 can tinned tomatoes, ½ onion, ½ red pepper, ½ clove garlic, Italian seasoning.

*Optional – Students can add extra cheese, COOKED bacon, chorizo or chicken.*

## 4. Chinese Stir fry

50g noodles, 75g stir fry mix (beansprouts, veg), ½ clove garlic, ½ veg stock cube, Chinese 5 spice, ¼ onion, 2 mushrooms, fresh ginger, ¼ pepper, ¼ Pak Choi, oil, soy sauce.

*Optional – Students can add extra sauce, or vegetables. COOKED chicken or pork – NO PRAWNS.*

## 5. Indian Chickpea Curry

Mixed spices, (cumin, coriander, garam masala, chilli powder, turmeric) 200g chick peas, ½ onion, ½ clove garlic, ½ large potato, oil, 1 tin chopped tomatoes, ½ packet Spinach.

## 6. Seedy Flapjacks

60g butter, 50g dark brown sugar, 2 tablespoons golden syrup, 125g rolled oats, 10g pumpkin seeds, 10g raisins, 10g sunflower seeds

## 7. Shepherd's Pie

1 Large potato, ¼ tablespoon butter, 30g grated cheese, 1 carrot, 125g beef mince, beef stock cube.

## 8. Chocolate chip cookies

40g sugar, 75g self raising flour, 50g chocolate chips, 40g margarine, ½ egg, vanilla extract

## 9. Allergen testing – Students to try different cookies, sweets and chocolate to guess which are Lactose free, Gluten free, Sugar free and suitable for vegetarians.

