

Primary phase newsletter

Creating Tomorrow's Citizens Today

Friday 12th February 2021

All-through news for all families at Simon Balle All-through School

To call next week “half term” seems to be in some ways a misnomer but it is exactly that. Our children and young people have been attending classes and involved in their learning now for the past six weeks, with five weeks to follow before the Easter break. We know how many families have been working hard to establish routines and habits for their children, along with establishing their own patterns living in a new lockdown. This is not easy for anyone including our staff and also the children who are still in school each day. To misquote a famous expression, the days seem to be long, but the weeks fly by. My nephew who is studying for a PhD, but of course not at university, spoke of his weekends as “one long lunchtime” for again, there is little variety anymore between the weekdays and weekends.

However, when we stop and reflect there is in fact so much going on despite all of this. Governors continue to meet remotely; the PSA have once again triumphed with a virtual balloon race underway as I write; Simon Balle All-through farm continues to gain momentum with enclosures and hutches now being built, and the real animals who will join us now being identified and prepared (photos to follow!); we continue to enjoy and participate in special weeks, with wellbeing week, safer internet day and world book day to follow after half term...

We thought that it would be great for us to share with you some of the amazing things that have been happening this half term and so the majority of this newsletter is about just that. As an all-through school we are able to ensure that all of our students have great opportunities to develop their interests and skills. Please enjoy news from PE, Art, and Music, along with wider community news.

All-through PE news

It has certainly been an eventful half term for PE and Sport at Simon Balle. Our students across the All-through have continued to enjoy a varied offer of Physical Activity and PE whether in school or remotely.

Each Friday students from Reception to Year 5 have enjoyed 2 hours of a range of Physical Activity and Well Being activities delivered by PE staff alongside our Senior leadership team. Activities have included PE lessons, alongside dance, gymnastics and a range of outdoor activities where students have been able to problem solve, stay active and continue to develop their fundamental movement skills.

Mr Leonard and Mr Goodson have, alongside delivering a range of physical activities, also been extremely busy over the past few weeks and have put together many remote videos which have included yoga sessions and healthy eating lessons.



Sports Ambassadors

Our Year 5 students have had the opportunity to apply to become one of two Y5 Simon Balle Sports Ambassadors. Children who are interested are expected to complete an application form explaining why they think they would be an excellent Sports Ambassador for the school. Below is a list of roles and responsibilities that the successful candidates will undertake:

Simon Balle Sports Ambassadors will:

- Help promote a healthy lifestyle in school.
- Be responsible for writing and supporting with match reports to go onto the website.
- Work with Miss Riddle, Mr Leonard and other members of the PE department to help with breaktimes, lunchtimes and manage equipment.
- Wear a special ambassador badge so they can be recognised around school.
- Help encourage others to become involved in sports/ competitions.
- Have a role in the Celebration Assembly: this might be distributing certificates and announcing winners to competitions.
- Work alongside Miss Riddle and Mr Leonard to organise events and competitions such as Sport's Day.

In the secondary phase students have had the opportunity to participate in a range of PE & physical activity lessons, with most continuing to have 2 hours of physical activity each week, alongside their remote PE learning. Students have embraced these opportunities across the All-through, working diligently in lessons and displaying plenty of resilience and courage. Also last week, students at school had the option to have an additional hour of physical activity during our well being week.

Remote PE learning



Task 3:
Create a player profile

Choose a player from either the men's or women's GB hockey squad and create a profile on the next slide to include:

- Name
- Picture
- Age
- Position
- Number of GB caps
- Which english club team they play for

Over the past 6 weeks our students have been completing a sports booklet in PE lessons; boys completed a 6 lesson programme on football and the girls completed a hockey booklet. The aim of the booklets was to enhance students' knowledge and understanding of the game alongside developing their tactical knowledge, analytical, observational and evaluative skills through a series of tasks. These included observing modelled examples, clips and analysing teams' strengths and weaknesses. Examples of student's work are illustrated below;

Task 3:

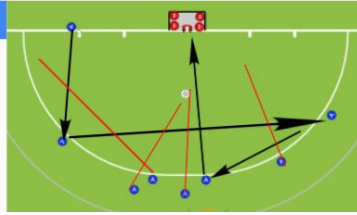
Using your knowledge of penalty corners from the first 2 videos, add arrows to the diagram to create your own routine.

Use the example to help you.

Example



My Routine:



Football Rule Card

Aim of the game:

The object of the game is to outscore the opposition by moving the ball beyond the goal line into the opposing goal. The team with the higher number of goals wins the game. Football is played in accordance with a set of rules known as the Laws of the Game.

Players per team:

11

Duration:

First half: 45 minutes
Second half: 45 minutes
Half time: 15 minutes
Extra time 15 minutes each half

What are indirect free kicks awarded for?

An indirect free kick is awarded if a player: plays in a dangerous manner. impedes the progress of an opponent without any contact being made. is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences.

How to score:

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

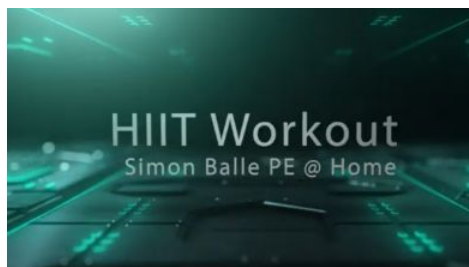
What are direct free kicks awarded for?

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force: charges. jumps at. kicks or attempts to kick.

Offside rule:

A player is in an offside position if: any part of the head, body or feet is in the opponents' half (excluding the halfway line) and. any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

In students' second lesson of the week, they have been completing a fitness session where each member of the PE staff have remotely completed a live warm up and via the google classroom, students have been able to access a pre-recorded 20-25min fitness session by members of the Simon Balle PE department. Students have really enjoyed these and have been able to access flexibly either during lesson time and/or in their own time. If you would like to try out any of the workouts, we have included the links below;



- [School Bag Workout](#)
- [Speed, Power & Core](#)
- [Circuit Session](#)
- [HIIT Workout](#)

This week all students from Y7-11 have completed an 'Understanding Concussion' unit remotely. Our aim was to promote an awareness of concussion, the causes, how to recognise, treat and the necessary preventative measures that should be taken. All students completed a series of questions towards the end of the unit with some completing an additional online RFU Concussion Awareness Course.

Simon Balle All-through school

Understanding Concussion

Y11



Finally please complete the google form

Please complete the following quiz on this [Google form](#)

If you would like more information on this area you can complete the following online course by clicking on the link below:



After half term we will be continuing our Friday physical activity and well being lessons with Reception to Y5 students. For our secondary students, we will continue to deliver PE to those onsite and our remote offer will be rugby for the boys and gymnastics and netball for the girls. Students will also be able to continue to access our Daily Fitness Challenges through their Google Classrooms or via the student PE website.

Simon Balle All-through School February Daily Fitness Challenge						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Complete the uptown funk abs workout	2 Complete the bring sally up squats challenge.	3 Complete a PE with Joe workout	4 Complete the 20 minute yoga workout	5 Go for a walk with a friend or family member	6 Complete the Cha Cha Side plank challenge	7 Joe Wicks intense 20 minute workout
8 5 min challenge: How many sit ups can you do?	9 Complete 5 Just Dance routines	10 Complete the fun HIIT workout	11 5 min challenge: Max burpees	12 Go for a walk with a friend or family member	13 Complete the partner HIIT workout	14 Complete today's PE with Joe workout
15 Learn how to do a headstand	16 Challenge: How quickly can you do 100 squats?	17 Play sport outside with a family member	18 Complete the upper body workout	19 Go for a walk with a friend or family member	20 Complete the Zumba workout	21 Complete 7 minute abs and core workout
22 Complete 15 minute full body stretch	23 Complete the dance workout	24 Complete the football at home session	25 Complete Disney Hip Hop Workout	26 Go for a walk with a friend or family member	27 Complete the strong yoga session	28 Pick your favourite day and repeat!

Finally we wish you an active and healthy half term and look forward to continuing to offer you lots more physical activity whether in school or remotely after half term.

HERTFORDSHIRE'S 100 CHALLENGE

In memory of Captain Sir Tom Moore – Hertfordshire School Games Organisers challenge you to do 100!



CAPTAIN SIR TOM MOORE
1920 - 2021

The Captain Tom Foundation

Can you complete 100 repetitions of any activity of your choice – either once a day or over the duration of a week.

100 Dance moves

100 Star Jumps

100 laps of your garden

100 seconds of a gym balance

100 Lunges

100 Mountain Climbers

100 Stair Climbs

100 Keeplee Uppies

Take a picture of you doing your 100 challenge and share it with your school or ask your parent to tweet @Herts_SGOs - #Herts100

HERTFORDSHIRE SCHOOL GAMES

Create your own 100 challenge










Daire Brennan, Head of Department in PE

Simon Balle All-through school

All-through Music news

It has continued to be a busy time this term in the music department at Simon Balle All-through School, with our instrumental lessons, for all students, including those in the Larch, continuing online. It is wonderful to hear how our musicians, from the youngest to the oldest students, love the chance to make music and progress, even in these challenging times. Indeed, we are working hard to ensure that instrumental exams can soon take place. We look forward to the time when our ensembles can rehearse again and some collaborations next half term are being planned. It is great that so many rock and pop musicians are taking part in our Rock School and we are hoping to have more bands online in a few weeks. Some of the creative work completed in class lessons as well has been amazing, with some superb performances and recordings being made. Using the online programme 'Soundtrap' is a lifeline for our lessons to continue and the creativity shown by so many has been wonderful to hear. Thank you to those who have sent in examples of work completed for us to listen to!

One thing that can be guaranteed with our music - as soon as we can perform and get together again, we will. It will be one long and loud celebration of our amazing musicians!

Mark Taylor, Director of Music

All-through Art news - Key Worker Tribute Exhibition

The Simon Balle All-through community has gone to great creative lengths to show their support and gratitude for front line and key workers who have continued to work with tremendous effort throughout this pandemic. The key worker tribute exhibition has had over 100 incredible entries from students in Reception through to Year 13 and our wider community of parents and staff thanking everyone from scientists, delivery drivers and health care workers. The standard of work coming in has been outstanding and the messages of thanks very moving.

We are pleased to announce that all works will be displayed in our virtual gallery which will be published online in the coming weeks. Alongside this and thanks to funding from Hertfordshire County Council and Hertford Mayor and County Councillor Bob Deering a selection of works will be displayed at Hertford Theatre alongside their own Gratitude Art Project. Our students have the prestigious honour of having their works selected for display by professional artist and parent of the school Marisa Culatto who has kindly submitted two pieces from her own collection 'Honest Portraits' to be included in our virtual exhibition. We will be in touch with our students soon to announce the artworks chosen.

As we have had so many wonderful artworks with messages of hope and thanks we thought it only right that we share more of these with our wider community and brighten up vacant shop fronts throughout the town centre. This may allow for students work to be included in the annual Hertford Art Trail which runs 10th April to 8th May 2021. Please keep an eye out in the coming weeks for the amazing artwork to begin appearing throughout the town!

A heartfelt thank you to all that have submitted entries for our exhibition, it has been a joy to see so many wonderful tributes flooding in. We look forward to sharing these with you very soon.

Charlotte Stuart, Head of Department in Art

PSA news - Heart of hope virtual balloon race

With a focus on well-being and the upcoming feel-good week, Simon Balle PSA thought it would be the perfect time to create an opportunity for the whole school community to join together, virtually, to participate in a virtual balloon race. It provided an opportunity to support Simon Balle by raising essential funds during this difficult time. This is an environmentally friendly event in which you could choose and customise your own virtual balloon. The race has started so watch your balloons virtually! House points will be awarded to the 1st, 2nd and 3rd place winners as well as a selection of age-appropriate prizes and gift vouchers (£20, £10, £5). We are pleased to announce that a wonderful £1041 has been raised!

Simon Balle All-through school

The next PSA meeting will be held on Tuesday 9th March.

Primary news

With so much all-through news to celebrate, we will write a shorter summary for primary only news this fortnight!

We must begin by thanking all parents with children across the Larch in all years for their incredible support for home learning this half term. It has not been easy for anybody, and yet we know that our youngest children thrive in learning when they are interacting with others so all that you at home have done to maintain creativity, engagement and commitment is so much appreciated.

We are busy planning for our first Year 6 cohort in September 2021! This is such an exciting time as we prepare for the Larch to be a full, thriving primary phase. Families with children in our current Year 5 can look forward to an informative letter which will be sent just after half term.

As you will no doubt be aware, we are all awaiting further announcements from the government about what next, hopefully on Monday 22nd February. We will of course be in touch as soon as we can to communicate our detailed plans. In the meantime, learning at home after half term will continue and I know staff are busy planning all that they can to help re-motivate and re-engage children after their half term break. We would encourage you all to focus on supporting children's independence in learning in preparation for a return to school and their resilience in rising to challenges - thank you in anticipation!

World Book Week

On Thursday 4th March it is World Book Day and at Simon Balle we have decided to celebrate for the whole week, beginning Monday 1st March. Across the week there will be different activities set by the class teachers and as the theme this year is 'Share a Story', expect lots of stories to be shared! One activity we would like everyone to get involved in is to send us a picture of their child dressed as their favourite book character or reading their favourite book somewhere at home. Please send your photographs with a little description of the reasoning behind your child's choice of character or book to Miss Emery emeryj@simonballe.herts.sch.uk or Miss Boyce boycek@simonballe.herts.sch.uk by the end of the school day on Friday 5th March and we will issue a house point to everyone who participates. The other activities will be shared throughout the week by the class teachers for students to join in with both remotely and in school. £1 book tokens will be available soon, and will also be available electronically this year.

Other news

- **February half term activities.** I know that it is increasingly difficult to think of new activities at home. This is a good link which may help inspire fun!
<https://www.google.com/amp/s/amp.theguardian.com/travel/2021/feb/06/10-fun-ways-to-entertain-kids-half-term-cooking-crafting>
Please feel free to share any photos with me at kirkr@simonballe.herts.sch.uk

- **Teachers' pets!** Just for fun, Mrs Pope in the secondary phase has put together this quiz to see if you can guess who these pets belong to! Please enter using the google form and have fun! Any student entering will be awarded a house point. The winner will receive a prize once we return to school. In the final question, the students are asked to choose their favourite picture. The teacher who owns the winning pet will also be given a prize. I wonder who owns the most unusual pet?!
<https://docs.google.com/forms/d/1iKtwbXm1DymOYvJXKEuvXaJnWgu6xtJ1qz9Eo54pYjU/edit>

Simon Balle All-through school

- **Our Hertford community.** For a couple of weeks from 6th February, “Missing you” trees will appear in the churchyard of St Andrew’s Church, Hertford. Take a red heart from the box and write on it who or what you are missing this year, then hang it on the tree. There will also be a small gold heart to take away to remind you that you are not alone. What a fantastic community initiative for Valentine’s day this year.
- **Baking at home.** It has been just wonderful to see all of your baking at home! Everyone within our bread week folder has received a house point, and after half term I plan to speak to our catering manager across the all-through school about how to judge the wonderful entries across the weeks. What will showstopper week look like?! For now, let’s focus on pancake week - hurrah! All instructions attached but please feel free to go with your own ideas and recipes. Please add photos to the student drive (primary) in the pancake week folder.
- **Covid 19.** We know just how challenging this third lockdown period continues to be for every family and every staff member. Our only advice for all, and especially the children/families still coming into school,

must be to follow all guidance precisely - and that is particularly important during half term week to ensure that we can safely return on Monday 22nd February. In order to do everything in our control to keep all safe in our community, we are all relying on one another to be responsible. If anybody has one of the main symptoms of Covid-19 (a high temperature; a new, continuous cough; a loss or change to your sense of smell or taste) **then they must organise a test, and the whole household must isolate immediately and until the test result is received.** Please do remain in contact with us through half term by using the school email address: Covid19@simonballe.herts.sch.uk

Wishing you all the very best for half term week. We hope that you can enjoy a well-deserved break and some family time, activities and pancakes!

Best wishes,

Mrs Alison Saunders (Headteacher) and Mrs Rachel Kirk (Vice Principal)

Coronavirus (COVID-19)

Latest update

Early years and schools



As we head towards half-term, I'd like to thank you once again for your efforts in dealing with the challenges of the virus since the new year – I hope you get some time to rest next week.

Reporting positive cases during half-term and reminder for parents and carers

For those of you who are currently open to vulnerable children and children of critical workers for face to face learning, we will still need you to report positive cases of both children and staff during half-term.

As always, please email COVID.EYSEducation@hertfordshire.gov.uk and include the priority level, name of your setting and town in the subject line.

Many of you have reported that you still have parents and carers arranging playdates and/or sleepovers and generally being quite slack with the rules. We know this is likely to increase over half-term and so we've created a 'Do's and Don't's' leaflet which is on the Grid, and that we hope you will share with your families before you break up for half-term.

<http://www.intra.thegrid.org.uk/info/coronavirus/documents/resources/do's-and-don'ts-leaflet-for-parents-feb21.pdf>

If helpful you can include with the following text;

Thank you for playing your part and helping to keep our school safe by following current Government guidelines during the national lockdown.

It's so important that we don't become complacent during half-term so we can all enjoy the break and hopefully come back to either remote, or face to face learning (for children considered vulnerable or children of critical workers) safely.

Hertfordshire County Council have asked us to share the attached leaflet with you as a reminder of what we all can and cannot do during the lockdown restrictions. Please do take the time to read it and remind your children that for now, we all have to play our part to protect ourselves, our families and our friends.

Reporting and half-term update for primary school and nursery staff who are LFT at home

Primary and nursery school staff are not requested to take LFT during the half term week, however, please take your LFT on Sunday 21 February ahead of returning to school on Monday 22 February.

The COVID-19 support team process any reports of positive cases from staff who are taking LFT at home on Sundays, and as you can imagine, there can be very high volumes to manage in a short period of time.

In order for us to process all of the cases and/or contacts being received we would be grateful if you could please advise staff to take their tests and update us between 3pm and 6pm on Sundays (including Sunday 21 February as above) to enable us enough time to offer advice or support if necessary.

Schools Financial Value Standard (SFVS)

Due to the coronavirus (COVID-19) outbreak, the Department for Education (DfE) has decided that the SFVS return should be delayed this year. This is to take account of the current pressures schools and local authorities are facing. For the financial year 2020 to 2021, maintained schools should submit their SFVS to their local authority by **28 May 2021**. Guidance on how to complete your returns can be found on the Grid https://www.thegrid.org.uk/info/internal_audit/sfvs_guidance.shtml

JustTalk young people's COVID-19 webinar – 17 February 2021

Just a reminder to encourage 11-19 year olds to attend the latest Hertfordshire young people's COVID-19 webinar on Wednesday 17 February from 11:30am-12:30pm.

Young people can submit questions ahead of the time, email: JustTalk@hertfordshire.gov.uk

To register and join the webinar, visit:

www.justtalkherts.org/coronaviruswebinar

Latest cases

All the data for Hertfordshire cases can be found via the following link:

<https://coronavirus.data.gov.uk/cases>

Click on United Kingdom and enter the local authority you want data on regarding cases.

Hertfordshire specific information can also be found at:

https://hcc-phei.shinyapps.io/covid19_public_dashboard/

Latest information and documents

REMINDER: There is a coronavirus specific area on the Grid which hosts all the official and most up to date versions of documents and any additional resources we refer to.

Please only use this source for your information as documents and guidance are updated regularly and our health protection team need to work to the latest information.

This information source was created to make it easy for Headteachers to access all they need quickly and remotely when not on site.

For information and support relating to COVID-19:

<http://www.intra.thegrid.org.uk/info/coronavirus/index.shtml>

Best wishes

Thank
you!

Hearts of Hope

Thank
you!

Virtual Balloon Race

SIMON BALLE PSA

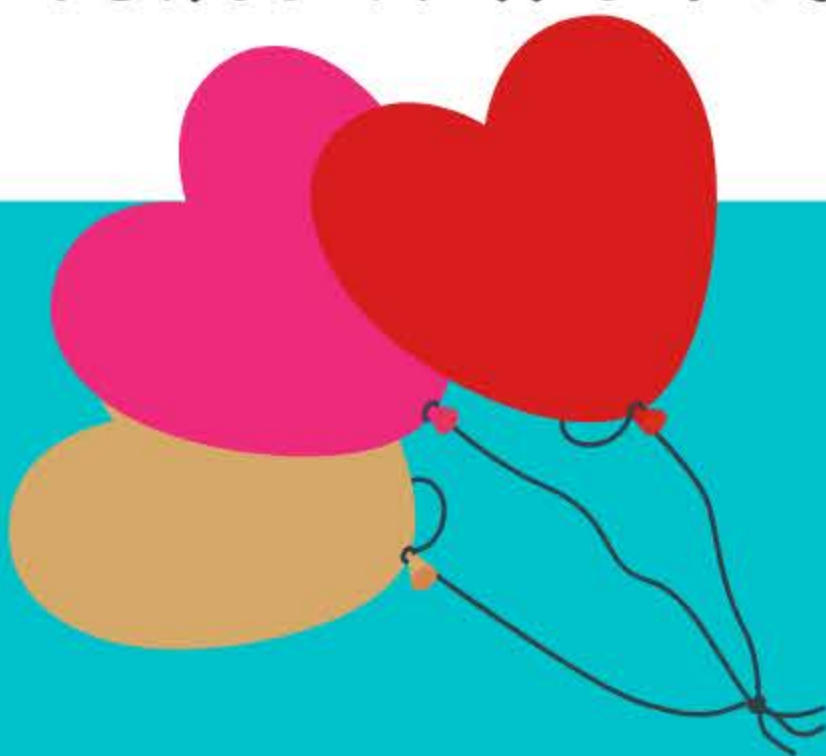
Thank
you!

£10442

Thank
you!

Thank you for supporting our first Virtual Balloon Race. 443 balloons were sold, raising a fantastic £10442. These funds will directly benefit our entire school community.

We will contact winning balloon holders shortly to arrange your prize.



accent
catering

LOCKDOWN BAKE OFF

PANCAKES

LAST ENTRIES RECEIVED
BY 19TH FEB

PANCAKE
DAY
16TH FEB



WEEKS COMMENCING 8TH & 15TH FEB

LOCKDOWN BAKE OFF

Welcome to the "Lockdown Bake Off 2021" Competition, why not spend some of your time improving your cooking skills and having some fun. Over the next 10 weeks, starting from 25th January 2021, Accent Catering will be providing you with recipes to try at home, including Bread, Pancakes (Pancake Day 16th February), Biscuits and Cake rounds and to top it all off there will be an opportunity to bake a Show Stopper in true "Bake Off" style.

Each round will run for two weeks giving you time to try these recipes and others you may have at home. Send in your photos of your baking to your School to be entered into the "Bake Off challenge".

Every two weeks entries will be judged by your School and Chef Manager on site and the winner of the round advertised on the School website.

At the end of the challenge we will take all of the "winners" entries and award a First and Second Prize of Bake Off Cookbooks.

Please Remember

- Always wash your hands, before and during preparation. Make sure your equipment and area you are working in is clean
- Wear an apron if you have one
- You may be using mixers, knives and other equipment which can be dangerous so make sure you ask permission at home and are shown how to use each item
- You can make all of the recipes by hand, so don't be put off if you don't have a mixer
- Ovens will be hot so handling baking trays needs to be done with care. Ask an adult where appropriate to help, especially when removing your finished product from the oven
- ALLERGENS – as you will be using your own ingredients the allergens included in those products may change depending on where you bought them so ALWAYS check the packaging before cooking

So now you're ready to enter, gather your ingredients and let's BAKE!!



For the pancake:

- 110g/4oz plain flour, sifted
- Pinch of salt
- 2 eggs
- 200ml/7fl oz milk mixed with 75ml/3fl oz water
- 50g/2oz butter

To serve:

- Caster sugar
- Lemon juice
- Lemon wedges

1. Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets an airing. Now make a well in the centre of the flour and break the eggs into it. Then begin whisking the eggs incorporating any bits of flour from around the edge of the bowl as you do so.
2. Next gradually add small quantities of the milk and water mixture. When all the liquid has been added, use a rubber spatula to scrape any bits of flour from around the edge into the centre, then whisk once more until the batter is smooth. Now melt the 50g/2oz of butter in a pan. Spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to grease the pan.
3. Now get the pan really hot, then turn the heat down to medium and ladle some mixture into the pan. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook; you can lift the edge with a palette knife to see if it's tinged gold as it should be. Flip the pancake over with a pan slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan onto a plate.
4. Stack the pancakes as you make them between sheets of greaseproof paper on a plate fitted over simmering water, to keep them warm while you make the rest.
5. Serve warm with the lemon juice, lemons and sugar.

PANCAKES WITH SUGAR AND LEMON



For the pancakes:

- 150g plain flour
- 30g cocoa powder
- 2½tsp. baking powder
- 60g caster sugar
- 2 free range eggs
- 165ml semi-skimmed milk
- 2tbsp. vegetable oil

For the chocolate sauce:

- 100g plain chocolate
- 150ml semi-skimmed milk
- 40g unsalted butter
- 2tbsp. golden syrup

1. In a large bowl, sift together the flour, cocoa, baking powder and sugar. In a jug, gently whisk together the eggs and milk, then add to the dry ingredients. Mix everything gently until just combined. Cover with cling film and leave in the fridge for 20 minutes.

2. For the chocolate sauce, place all the ingredients except the golden syrup in a small saucepan over a gentle heat, stirring often until melted and combined. Remove from the heat and add the golden syrup, whisking until shiny. Cover to keep warm until needed.
3. Heat a large frying pan over a medium heat and brush lightly with oil. Using a large spoon, carefully drop batter onto the base of the pan to make pancakes about 10cm across. Cook for roughly 45 seconds until bubbles start to appear on the surface and the pancake is lightly browned on the underside, then flip over and cook for a further 45 seconds. Remove and set aside on a plate. Add more oil to the pan as necessary. Stack the pancakes separated by greaseproof paper to prevent sticking, and keep warm until all the pancakes are cooked.

CHOCOLATE PANCAKES WITH CHOCOLATE SAUCE



- 200g self-raising flour
- 1tsp. baking powder
- 1 egg
- 300ml milk
- Knob of butter
- 150g pack blueberry
- Sunflower oil or a little butter for cooking
- Golden or maple syrup

1. Mix together 200g self-raising flour, 1 tsp baking powder and a pinch of salt in a large bowl.
2. Beat 1 egg with 300ml milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter.

3. Beat in a knob of melted butter, gently stir in half of the 150g pack of blueberries.
4. Heat a teaspoon of sunflower oil or small knob of butter in a large non-stick frying pan.
5. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.
6. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden.
7. Cover with kitchen paper to keep warm while you use up the rest of the batter.
8. Serve with golden or maple syrup and the rest of the blueberries.



Ten

AMERICAN BLUEBERRY PANCAKES



For the pancakes:

- 55g plain flour
- Pinch salt
- 1 free-range egg
- 140ml milk
- Vegetable oil, for frying

For the cheese sauce:

- 25g butter
- 25g plain flour
- 225ml milk
- 100g grated cheese
- Freshly ground black pepper, to taste

For the toppings:

- 80g ham
- 3 spring onions, finely sliced
- 1 tomato chopped

1. Sift the flour and salt into a large bowl. Whisk together the egg and milk in another bowl then slowly pour the liquid into the dry ingredients. Whisk together until the batter is smooth. Set aside.
2. For the cheese sauce, melt the butter in a small pan and whisk in the flour. Cook for 1 minute then gradually add the milk whisking continuously. Bring to the boil and reduce the heat to a simmer for 1 minute until the sauce is thick and smooth. Stir in half of the cheese and season with black pepper.
3. To make the pancakes, heat a 20cm/8in crêpe or omelette pan until very hot. Drizzle in a small amount of oil and tip the pan to swirl the oil around. Ladle in about two tablespoons of batter mix and immediately tilt the pan from side to side to get a thin, even layer of batter to cover the base of the pan. Cook for around 30 seconds until the underside is golden then flip or turn with a palette knife.
4. As soon as the pancake is turned, scatter over some ham, spring onions and tomatoes. Spoon over some cheese sauce then top with a scattering of the remaining cheese.



Two - three

SAVOURY PANCAKES

WITH HAM AND CHEESE

LOCKDOWN
BAKE OFF

PANCAKES