



# Secondary phase newsletter

*Creating Tomorrow's Citizens Today*

**Friday 29th January 2021**

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

Welcome to this fortnight's newsletter and once again, despite the vast majority of our children and young people learning from their homes, there is much to report. The usual rhythm of the school year (almost mid-way through!) continues but the platform now is a digital one. At this difficult time, it is so important for everyone to feel very much part of the community and experience that important connection. As a school, we are always trying to find ways to explore tools to ensure that we all understand how to keep safe and be content and fulfilled. Our school values are so important at this time and both Mrs Kirk and I have led whole school assemblies on the theme of "hope". This also fits in with other assemblies this week, led by our History department, remembering "Holocaust Memorial Day". Our youngest children are currently focusing upon "courage" as a concept and as an action.

Initial feedback from our recent survey confirms our belief that promoting wellbeing remains a high priority, and this fits in well with Children's mental health week - a focus nationally and here at Simon Balle from 1st February - 7th February.

This theme was very much picked up by our "parents-staff- association " (PSA) last week. A big thank you to those who attended online. Plans are afoot for: a family fitness/ exercise focus, a quiz night (run by our very own Assistant Heads, Mr's Pooley and Finch) and possibly an Easter treat. Last term the school raffle, Christmas cards and present wrap raised an astonishing £4000!

Our new catering company (Accent) is running across their schools nationally a baking competition for all students. Home cooking and baking has seen an upturn over the past months as more people are at home and perhaps taking more interest in food preparation. I am so enjoying the live cookery lessons with my year 7s on a Friday morning and last week, those Y4 children who were in school loved being in the food room. Please find attached the details of this competition- we look forward to hearing who has entered. This week the focus is on bread and the leaflet gives instructions and recipes. The following week, the theme is a timely one- pancakes. Please see the leaflets below.

Plans for the launch of Simon Balle All-through school mini farm continue. With the external fencing now complete, Mr Tweed and I have enjoyed drawing up plans for the enclosures, ordering homes and hutches and commissioning designs for the signage. Thank you so much to the children in the Larch who have been sending me their animal research projects - I am learning a lot! Please do not hesitate to contact me ([kirkkr@simonballe.herts.sch.uk](mailto:kirkkr@simonballe.herts.sch.uk)) with projects, research, ideas and more!

## **Home learning all-through survey**

You may remember that Mr Finch (Assistant headteacher) and Mrs Kirk (Vice Principal) sent out a home learning survey - this was prior to Christmas and relates to home learning/homework in 'normal' times, not the remote learning being experienced at present. We wanted to write to you to share the findings, which are really fascinating. An enormous thank you to the 645 families who responded - a great number and very helpful for us on the next stage of this review.

- 78% of parent respondents agreed or strongly agreed, that they value home learning. Whilst we of course in this review process, strive for this figure to rise even higher. Only 6% of respondents disagreed.



- 70% of parents stated that the amount of home learning that they receive is in line with the quantity that they would expect. Interestingly, the remaining 30% of views were divided into, 13% stating that they receive more home learning than they expect, whilst 17% stated that they receive less home learning than they would expect. This is enlightening for us, as it makes it very clear that in setting home learning, we need to be clear about the amount that is expected for all, whilst also providing additional further optional challenges.
- We asked about the forms of home learning that parents find most powerful. Reading was valued by the highest number of respondents (and we couldn't agree more!). Also with high numbers was the use of online tools and activities, consolidation of previous learning and research. Interestingly, the idea of using homework to introduce new concepts was not valued by parents responding. Whilst to some extent we can understand that this might be trickier to support, research actually shows that this can lead to a very positive impact as students already have some familiarity with a concept when it is taught in the classroom. This is food for thought for us!
- 73% of parent respondents agree or strongly agree with the importance of their role as partner educators. We were so pleased to read this, as we value the partnership between home and school, right across our all-through school, very much. Only 6% disagreed with this statement.
- The free comments were very useful too, and we have included here just a few quotes that seemed to be particularly representative of views shared:

*'We consider ourselves very lucky to have our children attend Simon Balle school and trust the school's judgement in terms of appropriate home learning. We will support whatever the school advises.'*

*We appreciate that some children find home learning a struggle both in terms of attitude and the actual work - however, the attitude side is just as important in our view that children learn that sometimes you have to do things you don't want to do and also persevere to eventually enjoy some elements too'.*

*'House points are helpful encouragement.'*

Equally, views were shared where parents have some concerns about home learning: for example, *'We really are pleased this aspect of Simon Balle is being reviewed. Thank you!'*

These concerns can be grouped in the following areas:

- Time (either not enough time at weekends, for example, or insufficient homework set)
- The motivation of a child (some parents honestly sharing that this differed between their children)
- Subject knowledge as parents to be able to support
- Children not listening quite as well to parents as the parents perceived that their children would listen in school

One of the most interesting findings is comparing responses from the Larch and the Secondary phase; there was some divergence in opinion towards homework within the responses of Primary Phase parents. This is why the review process and the all-through policy which we will subsequently publish is so important so that we can make sure that we support children and families (in both learning and the values required to engage in home learning) right the way across their schooling, with a smooth transition from the primary phase to the secondary. We look forward to writing to you again later this academic year.



## Secondary news

### Timings of the school day

We have been discussing for a few weeks the structure of the day and looking at initial feedback from the survey. As of **Monday 1st February**, the **secondary timings** will change for all students.

Year 7-13 groups will follow Tuesday timings every day:

P1 8.45-9.45

P2 9.45-10.45

Break 10.45-11.05

P3 11.05 - 12.05

P4 12.05 - 13.05

Lunch 13.05 - 13.45

P5 - 13.45 - 14.00 tutor time back after lunch.

P6 - 14.00 - 15.00

This will allow for a common lunchtime in school and for siblings in different year groups at home. Many students have valued the opportunity to meet as a form and this allows for 15min connection with the tutor just after lunch, for a general catch up, quiz, bingo, check-in, tutorials.

KS3 students who are attending the in-school provision may need to catch up with any work set P6, as we are looking at planning a different lesson for them in school from next week.

### Year group news!

**Year 9** - The preference process has started with students watching subject videos in form time this week, to support them with their preferences. Next Wednesday 3rd February, we will be sending out a virtual presentation to all parents along with an information booklet. Students will be sent the google form to complete. There will be an opportunity for parents and carers to ask questions or request a meeting.

**Aim High programme** - On Monday 18th January we saw our Year 9 Aim High Extra-Curricular Programme start. 35 students successfully made it through the application process, excelling at interview. The cohort was joined by Mr Joyce and Mr Brinicombe who introduced the upcoming Debate Series and got students working on Oxplore. With a supporting team of 6th form students to guide our Year 9's we look forward to seeing how the programme develops with guest speakers coming in!

**Year 13**- three of our Y13 students have been given offers to study at Cambridge, two for Geography (Lucy and Olivia) and Hannah (Archaeology)

### Other news

- **Staffing:** We shall shortly be recruiting for education staff- teachers and teaching assistants. All adverts will be on the school website.
- **Connection meetings** - This week has seen us continue our strategy to stay connected with families. In the Primary phase, teachers have been meeting with children and parents via the school cloud and I know how much the teachers enjoyed and valued these conversations. On Tuesday evening we had a fantastic turnout for Y10 virtual parents evening and it was a great way to connect and give feedback on progress. Over the next few weeks we have similar evenings for Y13 and Y8.



- **Covid 19.** We know just how challenging this third lockdown period is 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. 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 the school email address:

[Covid19@simonballe.herts.sch.uk](mailto:Covid19@simonballe.herts.sch.uk) For those secondary students coming into school, we continue to offer the lateral flow tests. Staff are also being regularly tested.

### Ready Reads

Libraries have been deemed to be an essential service by the Government, and whilst we are not allowed to let people enter the building and browse themselves, Ready Reads is a new way to borrow books from selected libraries during lockdown. We select you collect!

Simply visit

<https://www.hertfordshire.gov.uk/services/libraries-and-archives/other-library-services/ready-reads.aspx> to fill out the form and tell us the types of books, or favourite authors you'd like to receive, and we will make up a pack especially for you. Books can be ordered for all family members, all on the same form, but each person will need to be a library member to use this service. We will send you an email to confirm your Ready Reads pack is available for collection from Hertford library. Social distancing measures will be in place and packs will need to be collected during our revised opening hours from the library door.

Please help our staff by:

- Wearing a face covering
- Following the social distancing guidance
- Bringing your library card, or another form of ID
- Bringing a bag to carry your Ready Reads books home!

We are unable to take enquiries, account or membership queries at the library door. If you need support with anything else, please contact us.

Hertford Library - Temporary opening hours for Ready Reads pack collections:

Monday 10am – 5pm

Tuesday 1pm – 5pm

Wednesday closed

Thursday 10am – 5pm

Friday 10am – 5pm

Saturday 10am – 4pm

Sunday Closed

Thank you very much for your cooperation, and take care

### Supporting Links Workshops

Supporting Links are pleased to be offering the following workshops to parents and carers of children with ASD and/or ADHD across Hertfordshire, which have been funded by the Local Authority. Each workshop can be attended by up to 90 parents.

**Talking ASD/ADHD: Sibling Struggles 1st Feb 20**

**Talking ASD/ADHD: Responding to Anger 8th Feb 20**

**Talking ASD/ADHD: Loss and Separation 9th Mar 20**

**Talking ASD/ADHD: Staying Safe Online 22nd Mar 20**

**Further details can be found attached to this newsletter.**

Simon Balle All-through school



### **Balloon Race**

Please find the leaflet below for the Virtual Balloon Race coming soon.

Whilst the Government has signalled the return of schools from 8th March, we still lack any specific details. We will send out communications as soon as we hear. However please note, schools will be closed during the half term break.

*Wishing you all the very best for the next fortnight of learning. Stay safe all, and we hope that you can enjoy family time as much as possible.*

*Best wishes,*

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

accent  
catering

# LOCKDOWN BAKE OFF

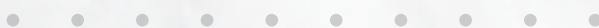
BREAD

LAST ENTRIES RECEIVED  
BY 5<sup>TH</sup> FEB



WEEKS COMMENCING 25<sup>TH</sup> JAN & 1<sup>ST</sup> 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!!

# LOCKDOWN BAKE OFF



- 560g high gluten white flour
- 11g salt
- 7g yeast
- 20g rape seed oil
- 345g cold water

This dough can be used for other bread shapes – bloomer, rolls etc.

1. Put all of the ingredients into the bowl of a stand mixer fitted with a dough hook and mix on a medium speed for 6 minutes. The dough should be smooth and silky once done.
2. Put the dough into an oiled bowl and cover with cling film to prove for 90 minutes or until doubled in size.
3. Once proved, turn out onto a lightly floured surface and shape into an elongated rugby ball type shape. Tuck under the ends, and place in an oiled 2Lb loaf tin. Cover loosely with cling film, and leave to prove a second time for an hour.
4. Pre-heat an oven to 220C.
5. Once the loaf has risen, it should be above the top of the tin, place into the oven and immediately turn the heat down to 200C.
6. Bake for around 30 minutes at which point it should sound hollow once cooked.

## WHITE BREAD I



- 250g plain wholemeal flour
  - 250g plain white flour
  - 1 tsp. bicarbonate of soda
  - 1 tsp. salt
  - 420ml buttermilk
  - Extra flour for dusting
1. Preheat the oven to 200C/400F/Gas 6.
  2. In a large bowl, mix together the two types of flour, bicarbonate of soda and salt.
  3. Add the buttermilk and mix until a sticky dough forms.
  4. Lightly flour a work surface and tip the dough onto it.
  5. Gently roll and fold the dough a couple of times to bring the mixture together. Do not knead.
  6. Shape the dough into a ball. Flatten the ball gently with your hand. Score the dough with a deep cross dividing it into quarters. Dust the bread with flour.
  7. Place onto a baking tray lined with baking parchment and bake for 30 minutes at 200C/400F/Gas 6. The loaf should be golden-brown.
  8. Leave to cool on a wire rack. This is best eaten on the day of baking.

## SODA BREAD I



- 125g strong white bread flour
- 125g wholemeal flour
- 1tsp. salt
- 7g yeast
- 2 tsp olive oil
- 160ml cool water
- Extra flour for dusting

1. Tip the flour into a large mixing bowl and add the salt to one side of the bowl and the yeast to the other. Add the oil and 120ml of the water. Use the fingers of one hand to mix the ingredients together. Add the remaining water a little at a time until you have a soft, sticky dough and all the flour is incorporated. You may not need all the water.
2. Oil a clean work surface. Tip the dough onto the oil and knead the dough.

Continue kneading for 5-10 minutes. The dough will become less sticky and feel smooth and silky when ready. Put the dough into a lightly oiled bowl. Cover until the dough has doubled in size. This will take between 1-3 hours.

3. Heat your oven to 220C, gas mark 7 and place a baking tray in the centre to heat up.
4. Dust the work surface with flour. Tip the dough onto it and knock back the dough until it is smooth. Divide the dough into 6 equal pieces and shape each one into a ball. Flatten each ball with your fingertips, then roll into an oval, 5mm-1cm thick.
5. Take the hot tray out of the oven, dust with flour and lay the pittas on them. Bake for 5- 10 minutes until the breads puff up and just begin to take on hint of colour.
6. Wrap the pittas in a cloth, to trap the steam and keep them soft, and leave to cool. They are best eaten on the same day.



Six

## WHOLEMEAL PITTA BREAD

# LOCKDOWN BAKE OFF

BREAD

accent  
catering

# LOCKDOWN BAKE OFF

## PANCAKES

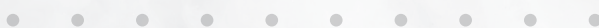
LAST ENTRIES RECEIVED  
BY 19<sup>TH</sup> FEB



PANCAKE  
DAY  
16<sup>TH</sup> FEB

WEEKS COMMENCING 8<sup>TH</sup> & 15<sup>TH</sup> 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.



Six

## 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.



Four

## CHOCOLATE PANCAKES WITH CHOCOLATE SAUCE



- 200g self-raising flour
- 1 tsp. 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

accent  
catering

# LOCKDOWN BAKE OFF

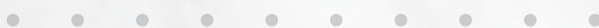
## BISCUITS

—  
LAST ENTRIES RECEIVED  
BY 5<sup>TH</sup> MAR



WEEKS COMMENCING 22<sup>ND</sup> FEB & 1<sup>ST</sup> MAR

# 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!!



- 400g butter, unsalted
- 600g plain flour, sifted
- 200g icing sugar

1. Preheat the oven to 150°C and line a baking tray with baking paper.
2. Place the room temperature unsalted butter and icing sugar in a mixing bowl with the beater, and mix for approx. 3 minutes, until smooth and pale.
3. Slowly mix in the sifted flour until the mixture becomes light and crumbly.
4. Remove the bowl from the mixer and with your hands, mix in the finely chopped stem ginger until the mixture comes together as a smooth dough.
5. Gently roll out the dough to a thickness of 10mm on a dusted work surface then using a 9cm round cutter or star cutter, cut out 10 discs or stars. You may need to re roll the trimmings of the dough to achieve this.
6. Place the discs or stars onto the lined baking sheet and cook in the oven at 150°C for approx. 20 minutes.
7. When cooked, remove from the oven and allow to cool.



Ten

## PLAIN SHORTBREAD



- 370ml jar strawberry jam
- For the biscuits:
  - 100g Stork
  - 175g caster sugar , plus extra for sprinkling
  - 1 large egg
  - 1tsp. vanilla paste
  - 200g plain flour, plus extra for dusting

1. To make the biscuits, mix together the Stork and sugar in a bowl with a wooden spoon until well combined. Add the egg and vanilla, and continue to beat by hand until fully incorporated. You will need to scrape the edges of the bowl down for this part.
2. Tip the flour into the mixture and fold together until fully combined, then shape into a ball. Roll the dough

out onto a floured sheet of baking parchment to a depth of around 5mm. Transfer the sheet to a baking tray and put in the fridge for 10 mins to firm up.

3. Remove from the fridge and press out your biscuits using a 6cm cutter (you could use any shaped cutters to make these). You will need 16 base biscuits and 16 top biscuits with small holes of around 3cm cut out of them.
4. Recombine your dough off-cuts and reroll them on a floured surface. Try to be fairly quick doing this, as the mixture will warm up and get sticky. If it does, just pop it back in the fridge to firm up again.
5. Once the shapes are cut out, arrange on 2 baking sheets lined with baking parchment and leave to cool in the fridge for 10 mins.
6. Heat oven to 190C/170C fan/gas 5. Bake the biscuits for 7 mins, then take them out of the oven and sprinkle the tops with caster sugar. Return all the biscuits to the oven and cook for a further 5 mins. Take out and allow to cool fully on a wire rack. When cool, spread jam on the bottom biscuit and top with another biscuit, sandwiching them together. Will keep for 2-3 days in an airtight container.



Sixteen

## JAMMY DODGERS I



- 400g butter, unsalted
- 600g plain flour, sifted
- 200g icing sugar
- 150g cranberries, dried, chopped
- 2 oranges, zested

For the topping:

- 1 orange, juiced and zested
- 400g icing sugar, sifted
- 40g cranberries, dried, chopped

1. Preheat the oven to 150°C and line a baking tray with baking paper.
2. Place the room temperature unsalted butter and icing sugar in a mixing bowl with the beater, and mix for approx. 3 minutes until smooth and pale.
3. Slowly mix in the sifted flour until the mixture becomes light and crumbly.
4. Remove the bowl from the mixer and with your hands, mix in the diced cranberries and orange zest until the mixture comes together as a smooth dough.
5. Gently roll out the dough to a thickness of 10mm on a dusted work surface then using a 9cm round cutter or star cutter, cut out 10 discs or stars. You may need to re roll the trimmings of the dough to achieve this.
6. Place the discs or stars onto the lined baking sheet and cook in the oven at 150°C for approx. 20 minutes.
7. When cooked, remove from the oven and allow to cool.
8. In a bowl add the orange juice to the sifted icing sugar and mix with a spoon until a smooth fondant is achieved.
9. Dip each of the cooled shortbreads into the fondant, covering half the disc or star then place back onto the lined baking sheet and when all the shortbreads are dipped, sprinkle the diced cranberries and orange zest evenly over the fondant and allow to set before serving.



Ten

## CRANBERRY AND ORANGE SHORTBREAD

# LOCKDOWN BAKE OFF

BISCUITS

accent  
catering

# LOCKDOWN BAKE OFF

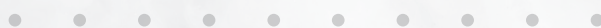
## CAKES

LAST ENTRIES RECEIVED  
BY 19<sup>TH</sup> MAR



WEEKS COMMENCING 8<sup>TH</sup> & 15<sup>TH</sup> MAR

# 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!!



If you want to turn your sponge into a classic Victoria Sandwich – bake two of the sponges and sandwich with jam of your choice and buttercream!

- 100g Stork
- 200g caster sugar
- 250g self raising flour
- 4 eggs
- 50ml semi-skimmed milk

1. Preheat an oven to 170t (350°F) gas mark 4. Lightly grease a 18cm (7") sponge tin.
2. Place the Stork, sugar and flour in a mixing bowl and whip until soft and fluffy. Gradually add the beaten egg and milk, a little at a time and whip to a fluffy light texture.
3. Bake in the preheated oven for 25-30 minutes or until cooked through. Turn out onto a wire rack to cool.
4. To serve cut into 16 or more portions.
5. Handy hint:  
Will keep in an airtight container for 3-4 days, or longer if refrigerated. To test if the cake is cooked insert a skewer, which should come out clean, into the centre.



Sixteen

## VICTORIA SPONGE



- 360g self raising flour
- 220g caster sugar
- 125g Stork
- 2 eggs
- 400ml semi-skimmed milk

1. Preheat an oven to 160°C. Melt the Stork and put to one side.
2. Sift the flour and sugar together into a large bowl.

3. Mix the melted Stork with milk. Whisk the eggs and add them to the Stork and milk mixture. Pour this into the dry mix and fold together to make a soft batter.
4. Pour the batter into 20 large muffin cases and bake for 20-25 minutes or until cooked.
5. Remove from the oven and allow to cool on a rack before serving.



Twenty



## PLAIN MUFFIN MIX



- 200g Stork
  - 350g caster sugar
  - 10ml vanilla essence
  - 4 eggs
  - 200g self raising flour
  - 200g cocoa powder
  - 50ml semi-skimmed milk
1. Pre-heat an oven to 160°C. Melt the Stork and set aside.
  2. In a bowl, mix together the melted Stork, sugar and vanilla essence. Beat in eggs and milk.
  3. Combine flour and cocoa powder and gradually stir into the egg mixture until well blended.
  4. Spread the batter evenly into the prepared pan.
  5. Bake for 20-25 minutes, or until the brownie begins to pull away from the edges of pan. Let it cool on a wire rack before cutting into squares to serve.



Twenty

## CHOCOLATE BROWNIES

# LOCKDOWN BAKE OFF

CAKES

accent  
catering

# LOCKDOWN BAKE OFF

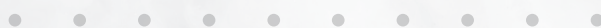
## SHOW STOPPER

WHAT'S YOUR BEST RECIPE? GET CREATIVE!  
LAST ENTRIES RECEIVED BY 2<sup>ND</sup> APR



**WEEKS COMMENCING 22<sup>ND</sup> & 29<sup>TH</sup> MAR**

# 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!!

# TALKING ASD & ADHD WORKSHOP: LOSS & SEPARATION

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Tuesday  
9th March 2021  
7.30 - 9.30pm**



## **We will help you to learn about:**

The impact that separation, divorce or bereavement has on children with ASD/ADHD

Responding to the fall out - the emotions and the behaviour.

Preparing for the difficult conversations with your child

How to deliver 'bad news'

Preparing your child for change


Managing your own difficult feelings and helping your children to manage theirs

Where to access further help and support, both locally and nationally.

"I tried the techniques and was amazed at the outcome."

"The best Zoom experience I have had so far!"

**An online parenting workshop delivered to your home via Zoom**

Full details on how to access and use this will be offered. 

**Open to parents and carers across Hertfordshire**

**Pre-booking essential via Eventbrite**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-understanding-loss-separation-registration-135351964369>

**Or contact Supporting Links  
QUOTING REFERENCE SL423**

**01442 300185**

**info@supportinglinks.co.uk**



This workshop is provided free to parents by Hertfordshire County Council



# TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday  
8th February 2021  
7.30 - 9.30pm**

## **We will help you to learn about:**

The difference between healthy & unhealthy anger.

The pattern that anger takes and how to spot the non-verbal signs early.

Our own and our children's triggers.


Techniques that stop angry and aggressive behaviour escalating and when to use them.

How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Where to access further help and support, both locally and nationally.

*"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."*

**An online parenting workshop delivered to your home via Zoom**

Full details on how to access and use this will be offered. 

**Open to parents and carers across Hertfordshire**

**Pre-booking essential via Eventbrite**

**<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parentscarers-in-herts-registration-130897484901>**

**Or contact Supporting Links  
QUOTING REFERENCE SL422**

**01442 300185**

**info@supportinglinks.co.uk**

**www.supportinglinks.co.uk**

**Follow on:**



This workshop is provided free to parents by Hertfordshire County Council



# TALKING ASD & ADHD WORKSHOP: SIBLING STRUGGLES

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday  
1st February 2021  
9.30 - 11.30am**

## We will help you to learn about:

What to do if your children are fighting or arguing.

How to deal with jealousy.

The pressures and worries on siblings in a family with a child with ASD/ADHD.

Helping your children develop a network of support.

Helping your children communicate with each other without conflict.


Managing difficult feelings, your own and theirs.

Where to access further help and support, both locally and nationally.

*"This helped me feel more in control, and less like a referee."*

*'The best Zoom experience I have had so far!'*

**An online parenting workshop delivered to your home via Zoom**

Full details on how to access and use this will be offered. 

**Open to parents and carers across Hertfordshire**

**Pre-booking essential via Eventbrite**

**<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-registration-130870913425>**

**Or contact Supporting Links  
QUOTING REFERENCE SL421**

**01442 300185**

**info@supportinglinks.co.uk**

**www.supportinglinks.co.uk**

**Follow on:**



This workshop is provided free to parents by Hertfordshire County Council



# TALKING ASD & ADHD WORKSHOP: STAYING SAFE ONLINE

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday  
22nd March 2021  
9.30 - 11.30am**

## **We will help you to learn about:**

How your child's diagnosis increases vulnerability online.

What you can do to support any difficulties with online behaviour.

Recognising when something is wrong.

Managing difficult conversations with confidence.

Setting and maintaining boundaries for online use.


Teaching your child to develop their own methods of regulating internet use and staying safe.

Where to access further help and support, both locally and nationally.

"A tricky subject, really well explained. Thank you."

"The best Zoom experience I have had so far!"

**An online parenting workshop delivered to your home via Zoom**

Full details on how to access and use this will be offered. 

**Open to parents and carers across Hertfordshire**

**Pre-booking essential via Eventbrite**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-staying-safe-online-for-parentscarers-in-herts-registration-135475158847>

**Or contact Supporting Links  
QUOTING REFERENCE SL424**

**01442 300185**

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Follow on:



This workshop is provided free to parents by Hertfordshire County Council





# SIMON BALLE

PSA

*Virtual*

# BALLOON RACE

# COMING SOON!!

A virtual balloon race is one where you can choose and customise a virtual balloon. That balloon is then entered in an online race and the balloons are 'launched' at the same time. The balloon that has 'travelled' the farthest at the end of the race is the winner. You will be sent a link, allowing you to view the leaderboard, search for your balloon, track it and watch the race.

More details coming soon. See [simonballepsa.org.uk](http://simonballepsa.org.uk) or [facebook.com/simonballepsa](https://facebook.com/simonballepsa)