

# Primary phase newsletter

Creating Tomorrow's Citizens Today

Friday 22nd October 2021

## All-through news

We have finally reached half term and we are delighted that so much has managed to get back to normal. Our students in every phase have been enjoying a rich and varied curriculum, clubs and activities before and after school, along with simply being with their friends. Being at school, keeping schools open is so important which is why we need everyone to still be careful and understand that we are not back to normal yet! One of the joys this week has been the comeback of our School Parliament led by our Head boys and girls, our Larch (Y6) headboy and girl along with representatives from every year group. Our Governor present was incredibly impressed by the eloquence of students and the maturity with which they discussed issues.

## St Andrews Church- Art exhibition

The opening evening for the exhibition took place on Friday 8th October. The exhibition and opening evening were attended by a number of notable members of the local community and local artists including Paul Crowley (who designed the Hertford lockdown poster which raised over £50,000 for the NHS Charities), the I Love Hertford Instagram group and Brotherhood.

The two pieces of art chosen that were by children were from Dali (Year 8) and Henry (Yr4). Well done to our artists!

Our students have also been busy giving the town's subways a new lease of life as the article below from the Mercury explains.



## Covid reminders

With Covid cases rising both nationally and locally it is our duty to remind all that social distancing, washing your hands and good respiratory hygiene (using and disposing of tissues), cleaning surfaces and keeping indoor spaces well-ventilated are the most important ways to reduce the spread of COVID-19. For secondary students and staff, please continue to lateral flow test during half term and should the test be positive, book a PCR test as

Simon Balle All-through school

soon as possible. Those eligible should test on Sunday 31st October before returning on the 1st November. We do not want to be forced to close the school for a period of time due to a high number of cases.

### **Word of the Week**

At Simon Balle we know that vocabulary is a proxy for learning and integral to being successful in school. Indeed this is one of the reasons why we value reading so highly. However, alongside reading and exposure to high quality spoken words, we know it is essential to explicitly teach vocabulary.

This is taking place throughout the school at every age but we also wanted to take each opportunity to raise the profile of vocabulary on a day-to-day basis and one key way we have done this is through the Word of the Week. Each week our librarian Rosemary Iles drafts a Word of the Week for the all-through, in English, French and Spanish, which is then not only dotted around the site, shared with staff and used in assemblies, but is also shared with parents and carers via social media. Please look for this weekly to discuss with your child as well as seeking out as many opportunities as possible to increase their exposure to language.

### **PE News**

What an action packed first half term it has been for school sport at Simon Balle. Our students have participated in many sports across District, County and National level. As well as providing our students with many opportunities and sporting experiences, we have also hosted our first Cross Country event in 2 years, where our sports leaders had their first opportunity to volunteer - and what a fantastic job they did! Girls football is back with training taking place every Tuesday and our teams are represented in all levels of competition this year. Congratulations to all those football players who are representing Herts and LVSSA teams, a phenomenal achievement to be selected.

Our sports enrichment offer this half term has produced some of the largest numbers we have had as sport at Simon Balle continues to flourish. A final note before we review the past half term is that please do visit our new sport website at <https://www.simonballe.herts.sch.uk/sport/> and we would very much like to hear your feedback on the clarity of communication this provides. Please send your comments to our email address at [sport@simonballe.herts.sch.uk](mailto:sport@simonballe.herts.sch.uk)

### **District Cross Country League**

The Cross Country season got off to a great start with a win from Alfie (Y7) and a second place finish for Sylvie (Y7). Both the Boys and girls team finished in the top 3 in the team event.

## Simon Balle All-through school



It was then onto the District League in October. This competition took place over two rounds this year, with the first round being held at Presdales School and the final at Simon Balle. Alfie (Y7) won both his races becoming the Year 7 District Champion with the boys team finishing 5th overall. Emily (Y7) was our top girls performer finishing 4th overall with the Year 7 girls team finishing 3rd overall. The team results and top performers from the rest of the races are as follows:

- Year 8/9 boys: Kingston (Y9) finished 4th overall and the team finished 3rd
- Year 8/9 girls: Poppy (Y9) achieved a top 10 overall finish and the team were 3rd
- Open boys (Y10+): Adam (Y13) achieved a top 10 finish and the team finished 2nd
- Open Girls (Y10+): Zoe (Y10) achieved a top 5 position and the team finished 3rd.

Great consistency demonstrated by all teams and we now look forward to the District Cross Country Championships which will be held at Simon Balle on Wednesday 10th November.

The HSAA County Cross Country Championships 2022 take place on Saturday 5th February for Year 5-13 students.



## Netball & Hockey update



The Year 7 and 8 hockey team had excellent performances against John Warner this week. This was the Year 7s first hockey match of the year and despite never playing together before, they displayed excellent team work. The girls showed great resilience and had an excellent second half where they scored 2 great goals. The final score was 4-2 to John Warner.

The Year 8s have shown fantastic improvement since the district hockey tournament last month. They demonstrated great width and depth in attack and were strong on the ball. Defensively they restricted the other team from entering the shooting circle and denied any goals. The final score was 6-0 to Simon Balle.

The Year 9 hockey team played John Warner last week and won 3-0 with 3 different goal scorers. A great team performance from a promising group.

The Year 7s have shown excellent commitment to netball training this year with over 45 girls attending each week. In their first game against Chauncy, both the A + B teams displayed impressive performances winning with a combined score of 29-2.

The Y10s have had a brilliant start to their netball season. A brilliant win against John Warner winning 32-13, followed by another excellent win against Goffs combined with the Y11s. The girls have worked hard at training and their commitment has been excellent. Looking forward to the girls continuing their hard work and success after half term.



## Football update

The football season has started well with all year groups having played in both the National and County cup. It has been really good to have such a large number of boys and girls out training on each night of the week. Below is a quick summary of each year group's progress so far:

### Year 7

- Through the 3rd round of the national cup with a bye in round one and a good win against Stoke Newington in the 2nd round.
- Unfortunately, the team was knocked out in the first round of the county cup losing 4-2 to a very good Richard Hale side.

### Year 8

- Through to the 3rd round of the National Cup with a bye in round one and a win in extra time against Mossbourne Community Academy in round 2. The team now play Alexandra Park School on Monday 1st November in the next round.
- The boys were knocked out of the county cup losing 7-5 in extra time to Parmiters School in a spirited game, where the boys came back from 1-4 down to take the game to extra-time. Sam B has been our top goal scorer so far, performing at an exceptional level.



### Year 9

- Knocked out of the second round of the National Cup by Glyn School after dominating the game for the first 20 minutes. An unfortunate free kick towards the end of the first half led to them scoring. After some great opportunities throughout the game we were still unable to score.
- Difficult start to our County Cup game finishing the first half 5-0 down. The team kept their heads up and played a much better second half, with the majority of the possession being within their half.

### Year 10

- The Year 10 team beat Knights Templar School 8-3 to progress into the next round of the County Cup. This is to be played after half term.

### Year 11

- Knocked out of the National Cup in round 1 by Dr Challoners despite playing some very good football.
- After beating St Columbus 3-1 after extra time the team are through to round 2 of the county cup

### Senior

- After a bye in round 1 of the National Cup the team travelled to The Perse School in the second round where they won 5-2. Round 3 to be played after half term.

### Simon Balle All-through school

- Again the team got a bye in round one and will play at home to Marriotts School after half term in the second round.

### U13 girls (Y7&8)

- The girls will play Beaumont School in the second round of the County Cup after half term.

### U14 girls (Y8&9)

- Knocked out of the first round losing to Sandringham School in a closely fought competition.
- Through to the 3rd round of the County Cup after a bye in round one and a 3-2 win against Katherine Warrington School in round 2

We will look to play all years district football competitions after Christmas alongside our Saturday morning football fixtures.

### Rugby update

Year 7-10 boys have enjoyed a good start to the school rugby season, playing against schools such as Broxbourne, Samuel Ryder, Freman College and Leventhorpe. It has been fantastic to see big numbers participating in these games and we now look forward to many more games in November and December where we will be playing fixtures against Chauncy, JWS and Goffs Churchgate schools. Our next Saturday fixture for Y7-9 is against Birchwood on the 13th November at 9am; all games are due to be played at Birchwood School.



### Sports Leadership

Well done to the students who supported the organisation and running of the District Cross Country final last week at Simon Balle. As a consequence of their marshalling and support at the finish, alongside Simon Balle staff, this led to a very successful event.

The year 8 sports leaders have had a fantastic half term planning a wide range of sessions. As well as creating their own invasion games in small groups which they will be delivering to our younger year groups after half term.

Finally thank you to our sixth form sports ambassador students, Courtney (Y12), Grace (Y13), Kathryn (Y13) and Grace (Y13) who have been supporting lessons and clubs this year so far.



## Inter House Sports



Our first Inter house sports competition of the year has taken place this week and so far it's been a resounding success. The weather has been kind after a forecast of rain for the week. The week started with Year 11 Football and Netball. Year 7-10 girls have continued with netball, whilst the Year 7-10 boys have participated in our first touch Rugby competition. So far at the time of writing, the results including the top 3 houses are as follows:

	Sports		Overall Year House winners
Year 11	Football 1. Lea 2. Beane 3. Mimram	Netball 1. Mimram 2. Beane 3. Lea	Beane
Year 10	Touch Rugby 1. Mimram 2. Beane 3. Ashbourne	Netball 1. Beane 2. New 3. Rib	Beane
Year 9	Touch Rugby 1. Ashbourne 2. Rib 3. Beane	Netball 1. New 2. Ashbourne 3. Lea	Ashbourne
Year 7 & 8	Results TBC - Please see @simonballesport for more updates		

**Secondary Sports Extra-curricular programme 2021 Autumn term (second half)**

	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
<b>Lunch (Indoor)</b>	<b>Sixth Form Fitness &amp; Table tennis</b>	<b>Y7 Basketball</b> (Mr East)	<b>Sixth Form Fitness &amp; Table tennis</b>	<b>Y8 Basketball</b> (Mr Brennan)	<b>Goalball</b> (Mr Moses)
<b>After school</b>	<b>Y7+8 Hockey</b> (Miss Newman) <b>Y9-11 Hockey</b> (Mrs Scarrott) <b>Y8 Rugby</b> (Mr Brennan) <b>Y9 Basketball</b> (Mr Moses) <b>Y11+Senior Football</b> (Mr East)	<b>KS3 Girls Football</b> (Mr Doyle & Mr Read)	<b>Y9 &amp;10+11 Netball</b> (Miss Davison & Miss Ansell) <b>Y9 &amp; 10 Rugby</b> (Mr Moses & Mr Joyce)	<b>Y8 Netball</b> (Miss Newman) <b>Y7 Football</b> (Mr East) <b>Y9 Football</b> (Mr Moses) <b>Senior Basketball</b> (Mr Joyce)	<b>Yr7 Netball</b> (Mrs Scarrott) <b>Y7 Rugby</b> (Mr East) <b>Senior Rugby 7's</b> until Nov 17th - (Mr Brennan) <b>Sixth form fitness</b>

**Larch sporting news**

We have been delighted in the Larch to begin competing in matches and festivals against other schools for the very first time.

We have played our first ever netball and football matches with our football team winning 5-2 against Christchurch and our netball team just missing out in the last few seconds by one goal! They scored an impressive 16 goals!

Great successes were also had at a cross country event that we took part in this week against 9 other schools. Individual medals were awarded to Grace in Year 4 who won the Year 3 and 4 event and to Jack in Year 6 who came third in the Year 5 and 6 event. Results were as follows:

- Year 3 and 4 girls-3rd overall
- Year 3 and 4 boys-2nd overall
- Year 5 and 6 girls-2nd overall
- Year 5 and 6 boys-1st overall

We ended the week with a tag rugby tournament for children in Year 6 at Hertford rugby club. This was a friendly tournament run by Saracens with great fun had by all. We are looking forward to more sporting fixtures and matches in the next half term.

**Children in Need**

We will be joining in the fund-raising to help change the lives of children who especially need help this year. The pandemic has been hard for everyone but for children across the UK already facing challenges, it's made life even more difficult. That is why we would like all students on FRIDAY 19th NOVEMBER to bring in £2.00 and wear odd socks and trainers to school. Full school uniform should be worn as normal. We will send out reminders nearer the time.



Simon Balle All-through school

We are holding a consultation on our Admission Arrangements for 2023/2024.

The consultation period takes place between 19<sup>th</sup> October and 30<sup>th</sup> November 2021. If you wish to make any comments regarding this consultation please email [admin@simonballe.herts.sch.uk](mailto:admin@simonballe.herts.sch.uk).

The admission arrangements can be found on the school website.

## PSA news

### Friday 19th November - Bright and Beautiful Day

On Friday 19th November, Larch children are invited to come to school wearing full school uniform, but wearing an accessory in their class colour. See poster for more information.

Please bring in a donation or gift, matching the class colour. Donations will be made into beautiful rainbow hampers and these will be added to our Winter Raffle.

### 25th November - Doughies Pizza and Cookie Event

We look forward to Doughie's returning to Simon Balle with their regular and vegan home pizza making kits.

These artisan kits are of exceptional quality and you can now add pepperoni as an optional extra to your kits.

Doughies have launched bake at home cookie dough kits too. Choose from: Chocolate Chip, Chocolate Brownie and or Oat and Raisin. Please note, cookie kits are not vegan.

Orders need to be submitted via their [website](#) no later than **20th November**. We are able to offer this to all Larch families plus Year 7 students and welcome you to order kits to take for friends and family too.

Order here-----> [Doughies kits](#)

### 4th December - Frost Fair and Festive Market

Plans are coming together beautifully for our Frost Fair and Festive Market and we hope to really create an all-through feel this year. We will be based in the secondary phase and we are keen for secondary families to offer their support with the event, alongside our primary phase families. To register interest, [click here](#).

We are also looking for a number of stallholders who would like to take a pitch to form our Festive Market. Please email [stallbooking@simonballepsa.org.uk](mailto:stallbooking@simonballepsa.org.uk) for more information, giving a description of what you are able to offer, and we will send you a booking form providing we do not already have an existing booking that may duplicate your offering.

As always, we will be running our fabulous raffle. We are busy gathering prizes of any size, if you are able to make a contribution, please get in touch. We have previously been able to offer spa days, afternoon teas, experiences and more.

Thank you in advance, we understand this year is particularly difficult for many.

## Primary news

### PE in the Larch

Following on from the summary above, we are pleased to share too the children's own writing about their sporting experiences:

**Sports Ambassadors reporting on Larch events this term:** Thank you to **Orla, Harry, Xavian and Dylan**.

**Netball match report:** On Thursday last week, our first netball team played against Christ Church. The players in year 6 were Lily, Isabel, Edith, Orla, Daisy-May, Elouise, Sophia, Eva O, Bea and Chloe P. It was a very close call, but they won by one goal. The score was 17-16 to them. They got the final goal in the last minute. All three rounds we were doing well until the last quarter where they changed up their defences and they took the win from us. This was a very good game for our first ever match. When the next match happens it won't be the same students. Our netball teacher, Mrs Riddle, will be changing up the team all the time. So as we play more

games, more people will be introduced to the team and I'm sure everyone will get a turn to go to a match this year.

**Football Match report:** On Thursday the 14th of October Simon Balle Primary had their first ever football match against Christ church Primary. The match turned out to be a great success with Simon balle winning 5-2 The team lineup was: Maxwell, Oliver, James, Sonny, Harry, Dylan, Jack, Max, Teddy and Jacob. Teddy scored 2. Jack, Max and Dylan all scored 1.

**P.E Lessons Report:** Every Wednesday Year 6 have a Hockey P.E lesson. In the lesson Year 6 work on their skills of Hockey, Indian dribble, push pass and block tackles and have mini games of Hockey. Every Tuesday Year 6 have a Volleyball lesson, Year 6 work on their skills for example The dig.

**Cross Country:** On 17th of October 2021 Simon Balle lined up for the cross country event at Haileybury. We were so proud of Leo in year 5 who came 23rd. Year 5 and 6 boys won the event and we did so well in the Year 3 and 4 event. It was quite muddy but it was very fun.

**Tag rugby:** We had gone off to a tag rugby tournament and the weather was just like the cross country with rain pouring down. The bad bit was that it made us not able to play for some time. After all of this we had a great run of tag rugby. Also, we had won all of our games and at the end of the tag rugby tournament we thanked the people that had made this tournament possible.

## Staffing

We are delighted to let you know that Mrs Getley is expecting a baby, due in January 2022. Autumn 2 will remain exactly as it is for Kingfishers, with preparation for Mrs Getley's maternity leave in January. In January, we are so pleased that staffing for all year groups will remain consistent with Simon Balle staff leading and supporting. Mrs Gardiner, currently a teaching assistant in Year 5, is, in fact, a classroom teacher with great knowledge and experience to draw upon - she will become the Kingfishers teacher Tuesday - Thursday in January, working closely with Mrs Prendergast (teaching Monday and Friday). Mrs Harris will remain the consistent and valued teaching assistant for the class. In Swans class, Mrs Swords (who is already known to the children as she supports at lunchtimes) will become the teaching assistant, supporting Miss Hesketh. Thank you to all staff and parents for your understanding of these adaptations, all within the strong team of Simon Balle.

## School lunches: Accent catering

We had always planned to ensure that all children would have a hot meal from the start of Autumn 2, taking out the sandwich option and supporting all to choose from the main meals during the winter months. Our kitchen staff are wonderfully ambitious and, therefore, as well as the main and vegetarian options continued each day, we will be making jacket potatoes (plus fillings) more available to all, as well as a hot panini option plus salad available daily.

For the week beginning 1st November, the panini fillings will be:

Monday - cheese and tomato & basil sauce

Tuesday - ham and cheese

Wednesday - BBQ chicken melt

Thursday - tuna melt

Friday - pepperoni and cheese

As usual, children can order from the hatches as they arrive. We will do our very best to ensure that all options are available, supporting all year groups to have a good lunchtime experience.

On Friday 5th November, a special bonfire menu will be in operation:

A jacket potato bar served with - cheese, BBQ beans, chilli con carne, Veggie chilli and corn on the cob.

We always welcome feedback from both children and parents.

Simon Balle All-through school

**Finally..... A big thank you to all parents.** It has been a busy half term and we have been so appreciative of all of your support. From a number of parent workshops to parents' week this week, from your support with sporting events above to music practice at home, from clubs and activities to reading and home learning.... Thank you all!

## Dates for your diary

### 25th to 29th Oct

Tuesday 2nd Nov

Wednesday 3rd Nov

Wednesday 10th to 11th Nov

Wednesday 11th Nov

Thursday 18th Nov

Monday 22nd Nov

**Wednesday 24th Nov**

**Friday 26th Nov**

**Monday 29th Nov**

Wednesday 1st to 3rd Dec

Wednesday 8th Dec

Wednesday 15th Dec

Thursday 16th Dec

**Friday 17th Dec**

**Wednesday 5th Jan**

### HALF TERM

Covid 19 vaccination for 12 to 15 year old students (TBC)

Flu vaccination Y7 to Y11 (TBC)

Volcano day Y9

Y11 geography field trip to Walton-on-the-Naze

Remembrance ceremony in school

Larch open evening for Reception places 2022

Larch open evening for Reception places 2022

**6th form open evening**

**Occasional day 1 - school closed**

**Occasional day 2 - school closed**

Y12 geography field trip to Manchester

Larch open evening for Reception places 2022

Larch Christmas lunch

Secondary Christmas lunch

**End of term - early finish**

**Start of spring term**

Just one change of date for the spring term - the parent workshop previously advertised for Year 6 on Monday 12th January will in fact be Wednesday 14th January (still 6pm) - apologies for this change.

*Wishing you all a restful and enjoyable half term, with a promising and exciting Autumn 2 to follow!*

*Best wishes,*

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

# Bright & Beautiful Day

## Class colours:

- Red - Squirrels
- Orange - Hedgehogs
- Yellow - Badgers
- Green - Rabbits
- Blue - Deer
- Purple - Foxes
- Pink - Wrens
- Brown - Robins
- Black - Kingfishers
- White - Doves
- Silver - Swans
- Gold - Mallards
- Any colour - Owls
- Any colour - Eagles

Friday

19th  
November

Wear a  
coloured  
accessory to  
school in class  
colour

Bring in a  
coloured  
donation or gift -  
in your class  
colour

Donations will be  
made into  
beautiful class  
hampers

Hampers will  
feature in our  
winter raffle



SIMON BALLE PSA

**Frost Fair**

&

**Festive  
Market**

**SATURDAY 4TH DECEMBER, 1-4PM**

**£1 ADULT ADMISSION, CHILDREN FREE**

**LIVE MUSIC, XMAS TREES, CRAFT STALLS, RAFFLE,  
GAMES, LICENSED BAR, FOOD, CAKES, STUDENT  
RUN STALLS & MORE!**

[simonballepsa.org.uk](http://simonballepsa.org.uk)

[facebook.com/simonballepsa](https://facebook.com/simonballepsa)





**LEARN TO BALANCE AND RIDE  
AND DEVELOPING BETTER BIKE  
CONTROL COURSES (AUTUMN 2021)**



One of the best skills children can learn, opening up opportunities for fun, independence, activity and health for a lifetime

**LEARN TO BALANCE AND RIDE (L2BR)**

- For children typically aged between 3.5 and 11
- 85% + of children are normally riding after 2 sessions
- 1 Instructor to max 5 children
- Balance bike and quality lightweight pedal bike for each child included
- 1 hour sessions

**DEVELOPING BETTER BIKE CONTROL (DBBC)**

- Follow-on course for new or inexperienced riders
- Covers key skills of starting, stopping, turning, looking, riding close to others, gears and signalling
- 1 Instructor to max 5 children
- Bike provided if required (extra £2.50)
- 1 hour sessions

**Full course details at: [www.hertsbalance.uk/course-descriptions](http://www.hertsbalance.uk/course-descriptions)**

**Saturday October 2nd and 9th**

**Venue:** Cassiobury Junior School, Watford. WD17 3PD

**Monday October 25th and Tuesday October 26th**

**Venue:** Tudor Primary School, Hemel Hempstead. HP3 9ER

**Wednesday October 27th and Thursday October 28th**

**Venue:** The Ridgeway Academy, Welwyn Garden City. AL7 2AF

**Cost:** £30 for two sessions. £17 for one session.

For more information and to book, go to [www.hertsbalance.uk/public-schedule-booking](http://www.hertsbalance.uk/public-schedule-booking)  
email [phil@hertsbalance.uk](mailto:phil@hertsbalance.uk) or call Phil on 07941 061717.

Private L2BR, DBBC and Bikeability sessions are available for children and adults and families. Details at [www.hertsbalance.uk/private-sessions](http://www.hertsbalance.uk/private-sessions)



# HERTFORD RUGBY CLUB OCTOBER RUGBY CAMP

YOUTH RUGBY U10s - U18s



OCTOBER 2021  
**27TH**

## 1 DAY RUGBY CLINIC

Venue: Hertford Rugby Club  
Time: 10AM to 3PM  
Age: U10 to U18  
**£35**

OCTOBER 2021  
**28TH**

## 1 DAY SPECIALIST SKILLS CLINIC

FOCUS: HALF BACKS & BACK 3 DEVELOPMENT  
Venue: Hertford Rugby Club  
Time: 10AM to 2PM  
Age: U12 to U18  
**£35**

**£35**  
PER DAY



BOOK ONLINE AT:  
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- Game based approach
- Functional movement and Mobility
- Athletic Development

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



Are you aged 16 or over?  
Born in the UK from 1/9/02?  
Unaware that Government  
put money aside for you at  
birth which could now be  
worth £1,000 or more?



If your answers are 'yes' - then  
find your Child Trust Fund at

<https://findCTF.sharefound.org>

or use the QR code →

The Share Foundation  
PO Box 1172, Aylesbury HP20 9PG  
Registered Charity no. 1108068  
<https://www.sharefound.org>





# WORMY SPAGHETTI

Disgustingly Delicious!



## INGREDIENTS

### FOR THE SAUCE:

- 1.5tbsp olive oil
- 1 onion
- 1 carrot
- 1 celery stick
- 1 garlic clove
- Optional: bay leaf
- 2 tins chopped tomato

### FOR THE WORMS (SPAGHETTI):

- 520g Flour (00 is preferable but if you have Plain Flour that will work just fine)
- 200ml water- plus a bit extra, it will depend on the type of flour you are using
- 2 tbsp olive oil
- Extra flour for dusting and kneading
- 6-8 tbsp. of tomato paste
- Salt for the cooking water

## METHOD

- Finely chop the vegetables
- Heat the oil in the pan and add the veg, and the bay leaf if using.
- Allow to soften for 10-15 minutes- get someone to keep an eye and stir this occasionally. Add a pinch of salt if using.
- When tender and slightly golden, stir in the tinned tomatoes- add about 75ml of water and leave to simmer for 15-20 minutes or until thickened making sure to stir occasionally so that the sauce doesn't stick.
- While you're waiting for the sauce to thicken you can get started on your worms.
- Sieve flour into mixing bowl and make a well in the middle for the oil and water.
- Add oil to the flour and add lukewarm water to the mix and blend together using a fork/your hands.
- Once the mix has started to take form, don't worry if it's a bit dry or crumbly at this stage, split the dough in two.
- Add 6tbsp of the tomato paste to one half. If the mixture is still a little dry you can add the 7th and 8th if needed. Mix this in with your hands, as you knead the dough it will mix to be one colour.
- To the other half add some more water if needed.
- Sprinkle some flour over the work surface and knead the dough until the mix has blended completely. Do this for both your white and red dough.
- All hands on deck! Now we need to make our worms. Pinch off balls of dough from your main ball, about the size of £1 coin.
- Roll this in your floured hands to make a tube shape, once the tube is as big as the hand continue rolling on the floured surface until the tube is about 3/8 cm thick.
- Place each tube on a floured chopping board until you're ready to cook. Do this for both the white and the red dough.
- Boil some water in a pan and add a pinch of salt to the water. Cooking time varies depending on the thickness of the pasta you have made, this averages between 30 seconds and 1 1/2 minutes. If you taste the pasta, you want it to still be slightly chewy but making sure the flour has cooked.
- Once the pasta is cooked, drain the water, save about 2tbsp and add to the tomato sauce and stir. Add the tomato sauce to the pasta.
- Serve on the plate and add a small sprinkling of cheese.



We're BeeZee Bodies, we run free, fun after school sessions in Hertfordshire to help children and their families learn how to make healthy habits for life!  
[Click here to find out more about our programmes and sign up.](#)

## DO YOU HAVE QUESTIONS ABOUT YOUR KIDS' HEALTH HABITS?

Fussy eater?  
Won't eat their greens?  
Serial snacker?  
Couch potato?  
Eyes bigger than their belly?

### WE'VE GOT THE ANSWERS!

Book a free support session with a member of our wellbeing team!

We are experts in engaging children with healthy eating and physical activity and can help you turn healthy efforts into healthy habits for life.

Over a (virtual) cuppa, we will give you advice about family nutrition & exercise, and work together on a personalised behaviour change plan for your family.

We'll check in a month later to see how you're getting on!

Funded by Hertfordshire County Council, this free service is available to children aged 5-15 who have a BMI above the 91st centile (we can help you work this out if you're unsure).



### SIGN UP FOR YOUR FREE SESSION TODAY!



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