



Tiverton High School

Weekly Student Bulletin

Edition 1 – 14th April 2020



Covid 19 Update

It is so important that we follow the instruction from the government:

Everyone must stay at home to help stop the spread of coronavirus.

Stay Home, Support the NHS, Save Lives.

Unfortunately, we are not in a position to say when schools will re-open, we will work on the advice and guidance from the government and keep you informed of any updates.

During this time, please keep going with your studies, check the website and stay safe at home.



Well-being



Healthy habits are things that keep you physical, mentally and emotionally healthy. Cooking good food and exercising each day are just some of the

things that can help you maintain physical and mental health. But things like limiting screen time, getting good sleep and showering each day are also things that can help maintain your overall fitness.

Don't forget your Tiverton Take 5. This week pick 2-3 healthy habits which you are going to stick to for the next 7 days. Maybe try drinking 2 litres of water every day or have you tried Joe Wicks or other daily workouts

Simple Recipe

Ingredients

2 tbsp [olive oil](#), 400g/14oz [beef mince](#), 1 [onion](#), diced, 2 [garlic](#) cloves, chopped, 100g/3½oz [carrot](#), grated, 2 x 400g tin chopped [tomatoes](#), 400ml/14fl oz [stock](#) (made from [stock](#) cube. Ideally beef, but any will do), 400g/14oz dried [spaghetti](#), salt and pepper

Method

- Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat.
- Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
- Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
- When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.



Home Learning



Hopefully you got stuck into your home learning before Easter. It is important during this difficult time to get the right balance, try to complete what has been set but don't get frustrated if you find something too hard, or there isn't enough time.

This week you will receive your home learning for the next three weeks. Your teachers will be setting your work using an overview sheet, so you can manage your time around the tasks being set.

Remember you can keep in touch with your teachers who will be happy to explain things in more detail.

Get involved...

The Orwell Youth Prize 2020

If you're looking for a great opportunity to be creative, why not enter this competition?

You can enter journalism, essays, short stories, blog posts, poems or plays.

This year the theme is : 'The Future We Want'

<https://www.orwellfoundation.com/the-orwell-youth-prize/>



One small positive thought in the morning can change your whole day.

**Respectable, Co-operative, Fair,
Resilience, Confidence, A Voice.**