



Tiverton High School Weekly Student Bulletin



Edition 2 – 20th April 2020

Communication

Go4Schools

If you can get to a laptop or PC and go to the Go4School website, you should then click on 'Students' in the top right and then 'Forgotten your password', you should then put your school email address

.....@tiverton.devon.sch.uk into the box that pops up. Go4Schools will then send you a link to your school email account which you need to copy and paste into a browser to change your password.

School Email

Search 365 on google or go directly to <https://office.com> enter your school email address and password.



Well-being

How about taking up the challenge of Couch to 5km. It is a running plan for absolute beginners. All you need to do is download the app and follow the instructions.



Give yourself some headspace, download the app Headspace, find somewhere quiet and listen into a basic 3-10 minute course as a starter.

Video call your friends – staying in touch at times like this is vital.

See our school website for further apps and websites.



Simple Recipe Macaroni Ham and Cheese

Ingredients

1tsp oil, 400g macaroni pasta, 180ml single cream, 1tsp English mustard, 100g half fat crème Fraiche, 200g half fat medium cheese, grated, 4 slices cooked ham, cut in 1cm cubes, 1 pinch black Pepper, 1 pinch salt

Method

- Fill a large saucepan with water. Add a splash of oil and bring to the boil. Add the dried macaroni and cook as per packet instructions. Once cooked, drain and set aside.
- In a separate pan, add the single cream, English mustard and crème fraîche and slowly melt over a low heat.
- Add most of the grated cheese to the cream mixture, reserving some for later, and stir until all the cheese is fully incorporated.
- Add the chopped ham to the cream mixture and season with a pinch of salt and black pepper.
- Mix the cooked hot macaroni pasta with the cream and ham mixture and place in an ovenproof dish.
- Sprinkle some more grated cheese on top and place under a preheated medium to hot grill for 4–6 minutes until a golden crisp surface forms. Serve immediately.



Home Learning



Students in Years 9 and 10

Log on to GCSEpod to support learning in all your subjects. Listen to bitesize podcasts, ranging from 3 -5 minutes each, on hundreds of topics all linked to the curriculum for each subject that you study. GCSEpod is a proven successful tool for learning and revising your key concepts. You can even test your learning by answering online questions. Check your emails with a reminder from Mrs Main of how to log on to GCSEpod."

Photo 7 Day Challenge

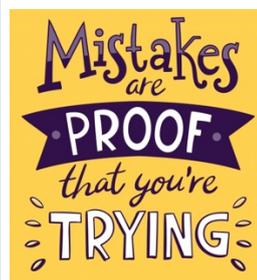
Take 1 photo a day on the following subject

1. Wildlife from Your Window
2. Quack us up!
3. Through the Ages
4. That's Not a Bird
5. Spring Has Sprung
6. Black and White
7. Hide and See



Send your photos to Mrs Lane and Red Jones.

Thought of the Week

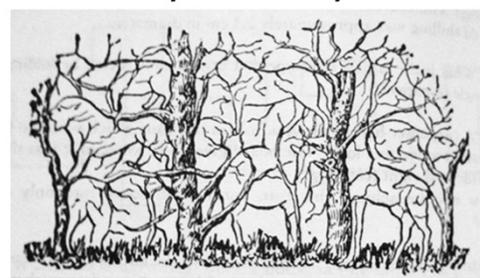


Making a Plan

To ensure that you keep up with your work, stay motivated and cope with the changes which are happening, use your timetable to structure your day around the subjects you need to cover. Making sure you get a balance with some time for yourself and exercise.



How many animals do you see?



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