



Tiverton High School Weekly Student Bulletin



Edition 3 – 27th April 2020

Home Learning using Microsoft Teams

From Monday, your teachers will start using Microsoft Teams to support your learning from home. You have been sent all the relevant information you will need to access Teams. Please let your Tutor or teacher know if you have problems accessing or using Microsoft Teams



Well-being

- Keep exercising
- Stay positive
- Just relax
- Eat well
- Keep laughing



Competition Time

Can you plan and prepare a healthy meal or snack. Send in your photos to Mrs Lane.

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Easy Sausage Carbonara

Ingredients

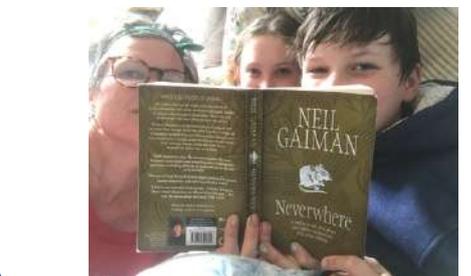
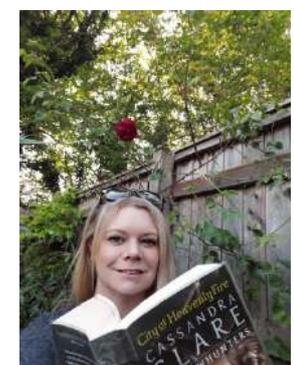
5 ounces dried tagliatelle, 3 sausages, 1/2 bunch fresh Italian parsley, 1 large egg, 1 ounce Parmesan cheese



Method

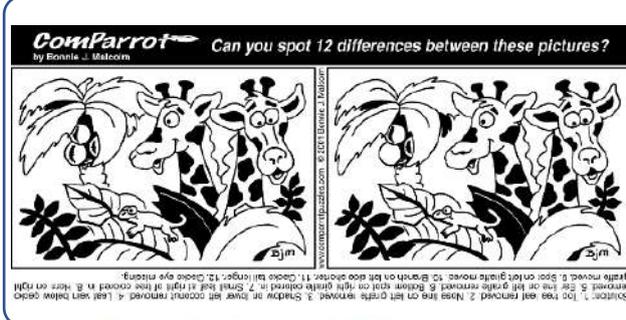
- Cook the pasta in a pan of boiling salted water according to the package instructions, then drain, reserving a cupful of cooking water. Meanwhile, squeeze the sausage meat out of the skins, then, with wet hands, quickly shape into 18 even-sized balls. Roll and coat them in black pepper, then cook in a non-stick frying pan on a medium heat with 1/2 a tablespoon of olive oil until golden and cooked through, tossing regularly, then turn the heat off.
- Finely chop the parsley, stalks and all, beat it with the egg and a splash of pasta cooking water, then finely grate and mix in most of the Parmesan.
- Toss the drained pasta into the sausage pan, pour in the egg mixture, and toss for 1 minute off the heat (the egg will gently cook in the residual heat). Loosen with a good splash of reserved cooking water, season to perfection with sea salt and pepper, and finely grate over the remaining Parmesan.

Not so secret readers.



Results from Photo 7 Day Challenge

Well done to Olivia Jones who sent in her fantastic photos for our 7 day challenge.



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