



Tiverton High School

Weekly Student Bulletin

Edition 13 – 6th July 202



Update...

As I am sure you are aware information about returning to school has been in the news over the past week. Mrs Crook and her team are working together to ensure a safe return to school. Once a plan has been put together it will be shared with you all.



Summer Holidays are nearly here...

As we start to move towards the last two weeks of school we can begin to plan what we would like to achieve over the summer. Some of us maybe lucky enough to be heading on holiday and some of us will be excited about seeing family. Whatever we do we must remember that Covid-19 has not disappeared: we need to stay alert and stay safe. Remember the simple things – washing your hands regularly will help keep you safe.

The Virtual Devon School Games continues with our final challenge of the Summer term: The Andy Murray 100 Volley Challenge.

All entries will also be included into a draw for the chance to win some great prizes. The school with the highest percentage of pupils taking part will also win a prize. So, let's try to get THS up there on the leader boards.

Well done to all students who have entered competitions so far.

Event Number 6 - Andy Murray 100 Volley Challenge (Final Event this

term – closes at 5pm on Sunday 12th July)

#DevonVirtualGames Event Number 6
– Andy Murray 100 Volley Challenge Pdf

#DevonVirtualGames

Event Number 6 – Andy Murray 100
Volley Challenge Video



Victoria Sponge Recipe. Something Sweet!

As we are getting closer to the end of term, I thought we could have a little treat this week. Please send in your photos if you do some baking this week.



Ingredients

- 4 free-range eggs, 225g/8oz caster sugar, plus a little extra for dusting the finished cake, 225g/8oz self-raising flour, 2 tsp baking powder, 225g/8oz butter at room temperature, plus a little extra to grease the tins. **To serve-** good-quality strawberry or raspberry jam, whipped double cream (optional)

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins. Use a piece of baking paper to rub a little butter around the inside of the tins until the sides and base are lightly coated, then line the bottom with a circle of baking paper.
2. Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon), but be careful not to over mix. Put a damp cloth under your bowl when you're mixing to stop it moving around. The finished mixture should fall off a spoon easily.
3. Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.
4. Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
5. To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up. Sprinkle over the caster sugar.

Positive Mental Health

Healthy habits are things that keep you physically, 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. Have you been doing any Tiverton Take 5?



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