



Tiverton High School Weekly Student Bulletin

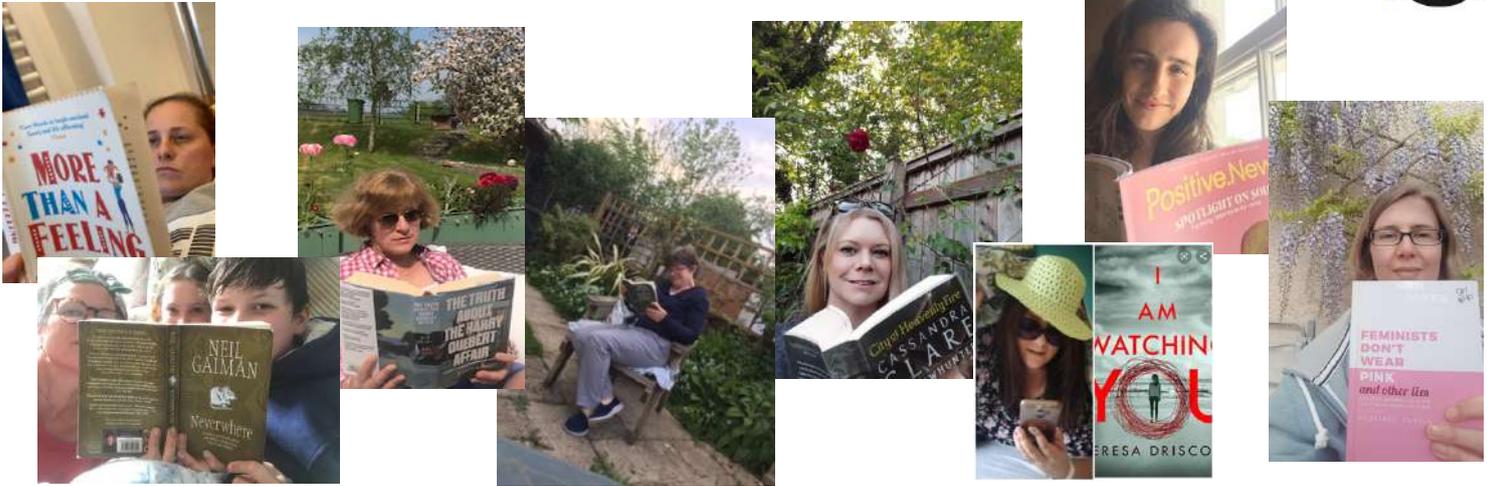


Edition 3 – 27th April 2020

Make the most of this time...

You won't get this time again, so make the most of it!

Take up a challenge, learn something new, our staff are keeping themselves busy by enjoying some time reading. How about you lose yourself in that book you have been wanting to read all year.



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.

Competition Time

Can you plan and prepare a healthy meal or snack. Send in your photos to Mrs Lane. nlane@tiverton.devon.sch.uk



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.

nlane@tiverton.devon.sch.uk

Well-being

- Keep exercising
- Stay positive
- Just relax
- Eat well
- Stay connect with others



Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.



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