



ST LEVAN PRIMARY SCHOOL



BULLETIN 18 5TH FEBRUARY 2021

DATES FOR THE DIARY

Choughs class assembly

Thursdays 1.15pm

Whole school assembly

Friday 12th February 11.45am

Spring Half Term

Monday 15th February-Friday 19th February 2021

Half term is going ahead as normal and has now been confirmed by DfE. There will be no online/remote learning this week and school will not be open for critical care or vulnerable pupils.

Please note: Learning packs for the week after half term will be ready for collection/distribution on Friday 12th February.

Parent consultations in March:

We have postponed these until after Easter in the hope school will be fully open.

Friday 5th February 2021

I couldn't help noticing as I walked into school that spring flowers are emerging everywhere at our school. I didn't want you all to miss them so I have photographed them and given you some labels on page two, can you identify them all?

I promised cookery club when I started at St Levan which still hasn't happened due to the current situation. As a way round this I have put a recipe for baking bread on this week's bulletin as another activity for you all to have a go at. Feel free to take a photograph of your loaves/rolls to show at next week's assembly.

The happiness calendar has been sent out by Cornwall Council but I thought it went with my kindness theme in assembly so I've added that too.

Diane Blackie—Interim Head Teacher

Conversation Topic

This week the suggested topic for everyone is:

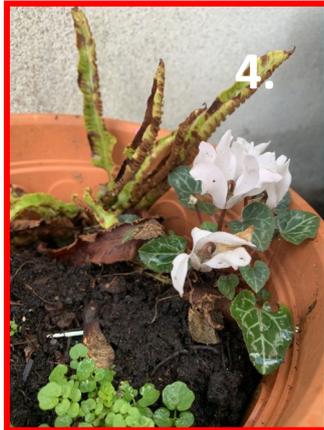
Attitude of gratitude

Attitude of gratitude



- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.
- You could also run this as a writing activity, using the following sentence starters:
 - Something I am grateful for today is...
 - The best thing that happened today was...
 - Something I did well today was...
 - I'll make the rest of the day great by...

Match the St Levan Spring flowers:



A.

Cyclamen

B.

Daffodil

C.

Snowdrop

D.

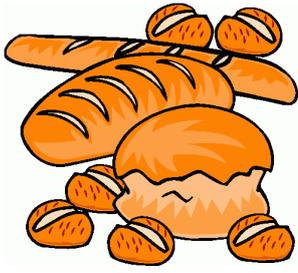
Hellebore

E.

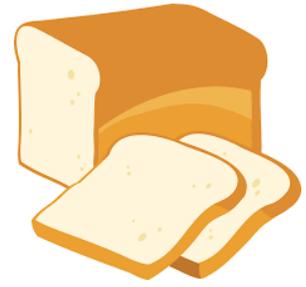
Primrose

F.

Dwarf iris



Baking Bread



Ingredients:

500g Strong white bread flour, 15g margarine or butter, 1 teaspoon salt, 1 teaspoon sugar, 1 sachet of dried yeast, 300ml tepid water, clean tea towel or cling film.

Equipment:

A big bowl, a teaspoon, a big spoon for mixing, a baking tray or bread tin (rubbed with margarine to make it non-stick)

Adult help needed: (It's great fun to make together too)

Making sure the water is warm enough but not too warm – the word is tepid to describe this. Oven on at 200 degrees centigrade (called a hot oven). Putting bread in the oven and taking out- hot hot hot! Possibly slicing to eat too.

Method:

1. You will need patience for this recipe – there is some waiting but it is worth it!
2. Put the flour in a large bowl. Stir in the salt and sugar.
3. Rub in margarine with your fingertips.
4. Sprinkle in the sachet of dried yeast and mix in, making a well hole in the centre.
5. Pour in warm water (WARNING Yeast is alive you will kill it if water is too warm, then your bread won't rise).
6. Start to push the mixture together with your hands, it will quickly form a dough.
7. Sprinkle flour on a clean surface and begin to knead your dough. This is my favourite part, feels lovely to do and the longer you knead the softer and springier your bread will be. At least ten minutes of kneading. Kneading is pushing into your dough with a fist, then turning it round and doing it again, keeping it a rounded ball shape all the while. It might squeak, don't worry you're not hurting it!
8. Put back in the bowl, cover with tea towel or cling film and leave to rise in a warm place, like a sunny windowsill or airing cupboard for 20 -30 minutes.
9. Tip out your dough onto floured surface again. You will notice it's much bigger, you can poke the middle of it and it will spring back. There will be lots of little bubbles inside as you tip it out.
10. Knead again and this time you are going to make the shape you want to bake. You can divide into rolls (about 8) or make one big loaf with this amount of dough. Place on your baking tin and ask your adult to put it in the oven for you or with you. **DO NOT DO THIS BIT ON YOUR OWN!**
11. The bread will take about 20 minutes to bake and a lovely aroma will waft around your kitchen, making your nose twitch. It is ready when golden brown on top and ask your adult to tap it underneath, like knocking at the door, it should sound hollow and also be pale brown underneath, not white and soggy. The rolls will cook more quickly because they are smaller.
12. **EAT and ENJOY!** Smashing with spread or butter or just on its own.

What are you learning by doing this?

English	reading and following instructions look out for imperative (bossy) verbs e.g. put/rub/pour
Vocabulary	tepid, sprinkle, knead
Maths	reading and understanding abbreviations for weighing measurements, liquid and solid
Science	because the yeast is a living organism it 'eats' the sugar and releases carbon dioxide, creating bubbles in the mixture which makes the bread rise

Did you know?

- You can get butter which doesn't contain any dairy products if you are allergic.
- You can get different types of flour: wholemeal, granary which also makes good bread – you could experiment.