



Tweeddale Newsletter - Wednesday 25th March 2020

Dear Parents/Carers

Thank you

Dear Parents/Carers,

My heartfelt thanks on behalf of the Tweeddale team for all your support over the past couple of weeks. Friday was an extremely sad day, having to say goodbye to our children and families with no plan as to when they will return. We will continue to communicate with you over the coming weeks so please check your email regularly.

We may not be available to provide an education at the moment however we are still there to support you and your family. Life has changed very quickly for all of us and who knows what is ahead. If you need us, please let us know. The phone and email will be manned during school hours (08:45 - 15:20).

Stay safe, stay healthy.

Mrs Jerrom - Headteacher

Joe Wicks free PE for children and adults

Joe Wicks is holding free PE sessions for children and adults on his You Tube account—The Body Coach TV.

The Maths Factor



Carol Vorderman created the Maths Factor these sessions are free on <https://www.themathsfactor.com/> lets see if you can impress your teacher when we come back to school!!!!

Audio Books

David Walliams is doing free Audio Book reading for a month whilst we are in this unprecedented situation please go to <https://www.worldofdavidwalliams.com/elevenses/>

Audible are also doing free book for children <https://www.audible.com/ep/kids-audiobooks>

Join Dame Kelly Holmes

Join Dame Kelly Holmes on her Instagram page for Running Classes find her on [realkellyholmes1500](https://www.instagram.com/realkellyholmes1500)



Hour Of Code

Try a one-hour tutorial designed for all ages in over 45 languages. Join millions of students and teachers in over 180 countries starting with an Hour of Code. <https://code.org/learn>

Jamie Oliver eat your heart out!

To all you budding Jamie Oliver's out there, never hear the children say they are bored again when they can make flatbreads.

Ingredients

200g/7oz plain or wholemeal flour

¼ tsp salt

100ml/3½fl oz warm water

2 tbsp oil (olive, sunflower or vegetable), plus extra for cooking

Recipe tips

Method

- Kid's job: Place the flour and salt in a large bowl and trickle on the water bit by bit.
- Kid's job: Mix the water and flour together. Kids can mix using one finger so that they don't get a whole hand covered in dough. Doughy hands can be cleaned by rubbing a little more flour onto the hands over another bowl or the bin - resist the urge to wash doughy hands as you will block the drain!
- Kid's job: Add the oil and knead the dough - you are aiming for a soft dough. If it is too sticky add a little more flour, if it is too dry add a splash of water.
- Kid's job: Knead the dough for five minutes - kids can do this in the bowl or on a clean surface using one or two hands.
- You can cook the breads straight away or leave the dough to stand for about half an hour. This is a good time to make a quick filling such as a grated salad or dip.
- Kid's job: Divide the dough into four balls, or six if you have a smaller frying pan.
- Kid's job: On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little - too much will dry out the dough.) Don't worry if they aren't perfect circles!
- Adult's job: Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about two minutes on one side - it should puff up a little.
- Adult's job: Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown.
- Keep the cooked flatbreads warm, wrapped in foil or a clean tea towel, until the others are cooked.
- If you want crisp flatbreads you can now rub them with a little olive oil, chop into strips or triangles with scissors and then ask an adult to bake them for 5-10 minutes, or until crisp.

Recipe Tips

Flatbreads can be rolled out and frozen in a stack. You will need to put a bit of greaseproof paper between each of the breads so they don't stick. Frozen flatbreads can be cooked from frozen - they will take a few minutes more to cook on a hot frying pan.

If you have any recipes of you would like to share please email the office..

Children's Riddle.....

I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?

First child to email the office gets two house points!!!!

Earth Hour



Join millions of people around the world and switch off your lights in support of nature and our planet on **Saturday, 28 March 2020 at 8:30pm**. Please go to <https://www.earthhour.org/> for more information

Clap for the NHS

People in the UK are being encouraged to take part in a huge round of applause to show their appreciation for all those working in the NHS.

The Clap for our Carers campaign is asking for as many people as possible to clap their hands together on **Thursday 26 March at 8pm** to thank all doctors, nurses, carers, GPs, pharmacists and other NHS staff working hard to help those affected by the Coronavirus.

People across the UK can clap from their gardens, front doors, and balconies to show their support.

Please let's give the NHS A massive cheer. We all know people who are at the frontline and working for us.

Poem and Limerick Corner

For all you budding writers out there, get your thinking caps on and write Poems, Limericks and Short Stories. These can then be published on our website and Newsletters. Please email the office on office@tweeddaleprimary.sutton.sch.uk and we look forward to reading them. House Points will be awarded for entries.

Coronavirus

Yesterday, the Prime Minister addressed the nation on coronavirus (COVID-19) and asked people to stay at home, except for very limited purposes.

There is no change in guidance for education settings, which remain closed except for the children of critical workers and vulnerable children. We continue to ask that parents keep their children at home, wherever possible. The full stay at home guidance is available at:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Coronavirus: What you need to do		
Wash your hands	Use a tissue for coughs	Avoid touching your face



The Golden Hearted Uk Is A Facebook Group
That Help Families And Individuals That
Are In Crisis, In Need, And That Can
Not Afford New Items.

**We Are A Non Profit
Facebook Group
Run By Volunteers And Donations.**

We Currently Have Hubs All Over London,
As Well As Outside Of London
In Areas Such As Derbyshire Etc.

**But To Continue Helping The
Families & Individual's In Need,
We Need Your Help!
We Need Donations For All Of Our Hubs.**

If You Think You Might Be Able To Help,
Or Are In Need & Need Our Help,
Please Contact The Golden
Hearted Uk: <https://www.facebook.com/groups/703270807162286/?ref=share>