



# Tilery Times

Issue no304

w/e 10.11.17

## HEADTEACHER'S NEWS

Dear Parent, carer, pupil, friend of our school,

I am very pleased to say that the weather has been very kind to us this week and made it possible for lots of really good activities to take place. Mrs Fearn's class have really enjoyed learning about the Stone Age out in our own Forest School area and Mrs Fender's class had a super visit to Teesmouth Visitors Centre at Hartlepool Power station on Tuesday, which included some time on the beach and a very exciting return journey across the River Tees on The Transporter Bridge.

Our Y5/6 football teams have also been in action at the Stockton North tournament at North Shore Academy on Monday. Our Tigers team came a very worthy 4<sup>th</sup> in their league (player of the day was Tommy Ford with a very energetic performance) and our A team came first, which means our school once again go through to the Stockton finals. Player of the day here was Brooklin Rymer who really played well in his new defensive position, as well as the occasional wander in to the attack!

Our Academy Shield football competition was played in good weather and our 130 pupils taking part had a great day.

Best wishes

J.P.Repton



## POLITE NOTICES

Can we again kindly request that parent/carers **DO NOT** use the staff car park. Cars exiting on a morning are causing congestion and stopping staff and taxis that transport children into school, from getting in, Please drop children off at the top of the drive and they can walk down the path into school.

If children arrive after 9am can we kindly request that parent/carers take pupils to the office rather than the classroom so that office staff can sort out lunches and their registration as teachers will have already completed the register and the lunch menu.

Thank You.

## ATTENDANCE – 30/10/17 –03/11/17

Class	%	Position
Mrs Fearn	96.4%	1 <sup>st</sup>
Miss Shildrick	95.9%	2 <sup>nd</sup>
Miss Gent	95.7%	3 <sup>rd</sup>
Miss Baird	95.2%	4 <sup>th</sup>
Mrs Rodgers	93.8%	5 <sup>th</sup>
Mrs Pickering	93.6%	6 <sup>th</sup>
Mrs Beamson	93.5%	7 <sup>th</sup>
Mrs Fender	93.1%	8 <sup>th</sup>
Mrs Robinson	91.9%	9 <sup>th</sup>
Miss Hunt	91.4%	10 <sup>th</sup>

## FRIDAY BOOK SALE

Don't forget your £1.00 every Friday for Book Sale. There are many new books to buy for only £1.00!

## CHILDREN IN NEED DAY

Friday 17<sup>th</sup> November is Children in Need day and the theme is Do Your Thing & Gold. It will be a non-uniform day where children can come in either casual clothes or wearing spots. We ask that they bring a 50p donation plus an extra 20p if they wish to purchase a spotty biscuit.



## Week Two

### Weeks Commencing:-

11<sup>th</sup> September, 9<sup>th</sup> October, 13<sup>th</sup> November & 11<sup>th</sup> December 2017

## MATHS PROBLEM

### True or false?

- 1) The sum of three numbers is odd    2) The sum of three consecutive numbers is divisible by 3.



DISH	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
TRADITIONAL FAYRE	Spaghetti Bolognese Quorn Bolognese - V Fishcakes - V Homemade Quiche - V	Roast Gammon Pizza - V Homemade Quiche - V	Mince Pie Tilery Pasta - V Tuna Wraps	Lasagne Quorn Lasagne - V Meatballs Homemade Quiche - V	Fish Goujons Pizza - V Homemade Quiche - V
COLD SELECTION					
POTATOES/VEGETABLES	Garlic Bread Roast Potatoes Baked Beans Peas	Mashed Potato Roast Potatoes Diced Carrots Broccoli	Mashed Potato Potato Wedges Baked Beans Sweetcorn Cabbage	Baby Boiled Potatoes Roast Potatoes Baton Carrots Swede	Oven Baked Chips Jacket Potatoes Baked Beans Garden Peas
DESSERT	Fresh Salad Bar Chocolate Chip Sponge with Custard Sauce Homemade Biscuits Cheese & Biscuits Yoghurts Melon Boats Fresh Juice, Milk and Water	Fresh Salad Bar Jelly & Fruit Fruit Salad Yoghurts Fresh Juice, Milk and Water	Fresh Salad Bar Syrup Roly Poly with Custard Sauce Homemade Biscuits Cheese & Biscuits Yoghurts Pineapple Rings Fresh Juice, Milk and Water	Fresh Salad Bar Jelly & Fruit Variety of Fruit Yoghurts Fresh Juice, Milk and Water	Fresh Salad Bar Frozen Yoghurt Homemade Biscuits Cheese & Biscuits Yoghurts Grapes Fresh Juice, Milk and Water

## PHUNKY FISH PIE



Fish pie is a classic dish. By mixing a variety of fish in with a deliciously cheesy sauce it's a great way to introduce more fish to kids, and by adding some green goodness in the form of spinach it's a win, win!

Serve with steamed seasonal vegetables.



### Skills Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; use a jug to measure liquids; use balance/digital scales; chop using bridge/claw safely; use a box grater safely; mash; use the hob (with adult supervision).

**Equipment:** Weighing scales, measuring jug, box grater, masher, fork, knife, chopping board, saucepan, wooden spoon, casserole dish.

### Ingredients (serves 4):

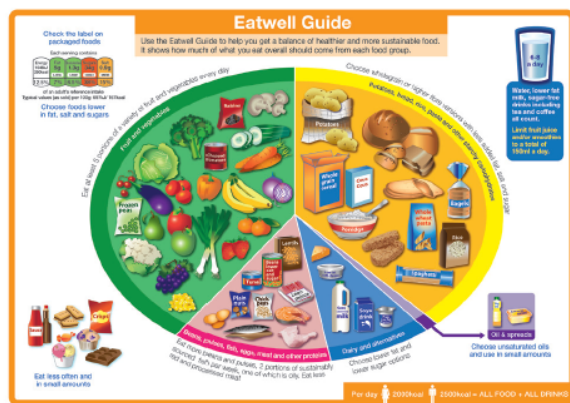
- 900g assorted fish - a mixture of white (cod) and brown (salmon, tuna) is good
- 200g spinach
- 1/2 pint of semi skimmed milk
- 20g butter
- 20g plain flour
- 55g cheddar cheese, reduced fat, grated
- Black pepper
- Mashed potato

### Method

1. Cut the fish into bite size pieces and place in a casserole dish with the spinach.
2. Melt the butter in a saucepan and stir in the flour. Cook stirring for one minute.
3. Remove the pan from the heat and gradually stir in the milk.
4. Return the pan to the heat and stir until boiling. Simmer, stirring well, for 2 minutes. Remove from the heat.
5. Add the cheese and mix well. Season to taste with black pepper.
6. Pour the cheese sauce over the raw fish and spinach and mix carefully.
7. Top with the mashed potato and rough up the top with a fork. Finish the top off by sprinkling with a mixture of breadcrumbs and grated cheese.
8. Bake for 30-40 minutes at 190°C until golden brown and bubbling.

## PHUNKY FISH PIE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Phunky Fish Pie ...

Fish is an excellent source of protein, as well as a range of vitamins and minerals including iron. Fish is lower in saturated fat than meats so is a really healthy source of protein in our diets.



**Potatoes** are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.



Spinach is a rich source of vitamins and minerals, as well as other valuable compounds (antioxidants and bioflavonoids) known to be good for our health.

### Energy, sugar, fat and salt per serving

Per 397g serving

**ENERGY**  
2290kJ / 547kcal

**FAT**  
26.0g **37%**

**HIGH** SATURATES 10.2g 51%

**SUGARS**  
5.1g **6%**

**LOW** **SALT** **17%**  
1.0g

% of an adult's reference intake  
Typical values per 100g : Energy 577kJ / 138kcal

## Notes

**A traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% **Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.