

T

he Heffington Post

22nd April 2024

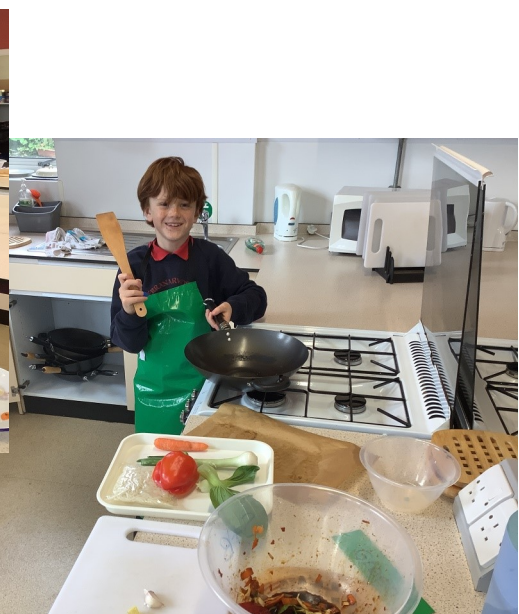
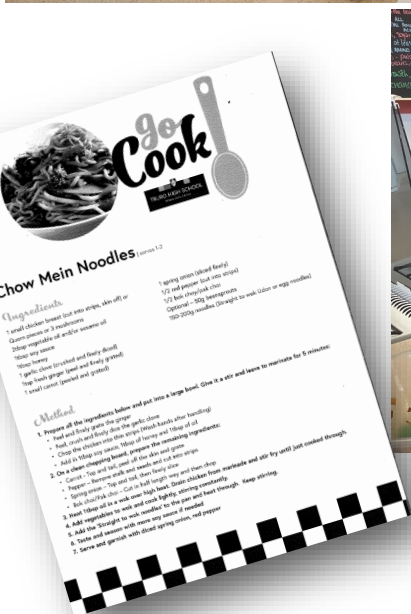


E

VERY MOMENT MATTERS!



FUTURE CHEFS! Last week, our Yr5 boys attended an exciting workshop, hosted by Truro High School. The day was spent preparing and cooking Chow Mein Noodles and Chinese Vegetable Spring Rolls. The Yr5 pupils had a fantastic time and enjoyed tasting the fruit of their labours as much as preparing it. Next week, it will be the turn of our Yr6 boys. If you would like to have a go at cooking these yummy dishes, then the recipes can be found at the end of this newsletter.



Girl's Football Spring Term!



A huge thank you to Quilla from Year 6 who came and supported the year 4 girls every Tuesday. Thank you to Mrs Dunkley for coming down to play with the Year 3 group and to Mrs Forster for coming down with the Year 4 group.



Last term, Year 3 and 4 girls attended football training each week. This culminated in two very muddy football matches down on the field. The girls showed incredible improvement in their passing and understanding of the game. The way they supported and encouraged each other was remarkable. Great sportspersonship throughout.



You are all brilliant, thank you for your amazing energy!

Well done to all our Coose Trannack runners!





BINGO



Thank you for all your donations and for coming to support this popular annual fund raiser. An amazing £408 was raised!
Another great FOPS event!
Thank you!

Diary Dates



WB: Monday 13th May: KS2 SATS week

Monday, 20th May: Class photos

Friday, 24th May: INSET Day—School Closed

WB 27th May: HALF TERM WEEK

Monday, 3rd June: INSET Day—School Closed

WB 17th June: Yr6 camp at Porthpean

18th June, 25th June, 2nd July 2pm to 2.45pm: Learning Together sessions

Thursday, 27th June: Yr3 Seal Sanctuary and Tea (TBC)

Monday, 1st July to Wednesday 3rd July: Yr5 Camp at CampKernow

Thursday, 11th July: Yr4 Surf and Sleep

Tuesday, 16th July: Yr6 Production Matinee performance

Tuesday, 16th July: Yr6 Production Evening performance

Thursday, 18th July: Sports Day

Monday, 22nd July: Back up Sports Day

Tuesday, 23rd July: Yr6 leavers assembly 9.15am to 11am and last day of term

Wednesday, 24th July: INSET day—School Closed

Thursday, 25th July to Monday, 2nd September: SUMMER BREAK

Tuesday, 3rd September: INSET—School Closed

Wednesday, 4th September: INSET—School Closed

Thursday, 5th September: First Day of School for All Pupils.

Please note that there will be further dates added as the year progresses. If any dates need changing due to unforeseen circumstances, then we will give you as much notice as possible. We will keep you informed of any changes and additions on our weekly newsletter and via dojo.

TEAM POINT CERTIFICATE WINNERS 18th April 2024

GOLD CERTIFICATE – 150 TEAM POINTS

Year 2: Leo

Year 5: James, Rosie and Jamie

Year 6: Esme

MEDAL – 200 TEAM POINTS

Year 3: Eva

Year 6: Eliza



YOGA  WITH
Candice



**FIRST TRIAL CLASS IS
FREE!**

Thursdays at Perranwell Centre

Vinyasa Flow (all levels) | 18h00 - 19h00

Yin Yoga (all levels) | 19h30 - 20h30



More info and bookings via
www.yogawithcandice.co.uk



FOPS NEWS

FRIENDS OF PERRAN-AR-WORTHAL SCHOOL

DATES TO REMEMBER

 Friday 26th April
Wagtails Bake Sale
after school 

Saturday June 22nd
Perranfest!

A BIG thank you to
everyone that
supported choccy bingo
what a fun night!

Together we raised a
wonderful

 £408.40 

BREAKING NEWS

POP-UP FOPS SHOP

Coming soon...

Do you have any unwanted items to donate? We're collecting:

toys
books
bric-a-brac
clothes

Please bring any items to the shelter
all this week before & after school
for collection - thank you!

All money raised will go towards KS2
& EYFS outside areas!

PLEASE COME ALONG AND SUPPORT THE



WAGTAILS

BAKE SALE

FRIDAY 26TH APRIL



AFTER SCHOOL
ALL CAKES 50P / £1
CASH OR QR CODE





Go Cook!

TRURO HIGH SCHOOL
Where Girls Shine



Chinese vegetable spring rolls

Makes 3-4 large or 6-8 mini vegetable spring rolls

Ingredients

- 1 tbsp soy sauce
- 1 tbsp Chinese five-spice powder
- 150g mixed stir-fry vegetables
- 1 tbsp oyster sauce
- 6-8 sheets of rice paper or 6-8 sheets of filo pastry
- A little beaten egg
- Vegetable oil (for brushing)

Method

1. Line a baking tray with non-stick baking parchment. Set the oven to 200°C/Gas 6.
2. Place the vegetables into a mixing bowl and season with the oyster sauce and soy sauce. Stir well to combine.
3. Lay two squares of rice paper or filo pastry, one on top of the other (the extra thickness will prevent the skin from breaking) and position so that the corners are pointing upwards, downwards and to the sides.
4. Spoon two tablespoons of the filling across the centre of the wrapper.
5. Brush each corner of the wrapper with the beaten egg, then bring the two opposite corners on the sides together and, keeping your finger on those edges, bring the bottom corner towards the middle and then roll the pastry up tightly towards the top corner. Tuck the top edge in and seal it with a little of the beaten egg yolk.
6. Repeat with the remaining filo pastry and filling.
7. Place the spring rolls on the lined baking tray and brush them with a little vegetable oil.
8. Place the tray into the oven and bake for 15-20 minutes until golden brown, crispy and piping hot.





Go Cook!

TRURO HIGH SCHOOL
Where Girls Thrive



Chow Mein Noodles | serves 1-2

Ingredients

1 small chicken breast (cut into strips, skin off) or Quorn pieces or 3 mushrooms
2tbsp vegetable oil and/or sesame oil
1tbsp soy sauce
1tbsp honey
1 garlic clove (crushed and finely diced)
1tsp fresh ginger (peel and finely grated)
1 small carrot (peeled and grated)

1 spring onion (sliced finely)
1/2 red pepper (cut into strips)
1/2 bok choy/pak choi
Optional – 50g beansprouts
150-200g noodles (Straight to wok Udon or egg noodles)

Method

1. Prepare all the ingredients below and put into a large bowl. Give it a stir and leave to marinate for 5 minutes:
 - Peel and finely grate the ginger
 - Peel, crush and finely dice the garlic clove
 - Chop the chicken into thin strips (Wash hands after handling)
 - Add in 1tbsp soy sauce, 1tbsp of honey and 1tbsp of oil
2. On a clean chopping board, prepare the remaining ingredients:
 - Carrot - Top and tail, peel off the skin and grate
 - Pepper - Remove stalk and seeds and cut into strips
 - Spring onion - Top and tail, then finely slice
 - Bok choy/Pak choi - Cut in half length way and then chop
3. Heat 1tbsp oil in a wok over high heat. Drain chicken from marinade and stir fry until just cooked through.
4. Add vegetables to wok and cook lightly, stirring constantly.
5. Add the 'Straight to wok noodles' to the pan and heat through. Keep stirring.
6. Taste and season with more soy sauce if needed
7. Serve and garnish with diced spring onion, red pepper

