

The Tilly Times

Welcome!

This is our first community newsletter aimed at both adults and children. There are various groups on social media which contain a lot of this information, but we thought it would be a good idea to consolidate some of these initiatives. We also aim to keep you informed of local events and to generally build the sense of togetherness which is so vitally important at this time.

NHS workers in fight against coronavirus to be thanked with nationwide round of applause



Key-worker Support: a message from Amanda Barr

The Covid-19 epidemic could affect millions of people in the next few weeks.

These are unprecedented times but together, we are stronger! I am asking for people in my community to help me bolster the wellbeing and resilience of those key workers in our village and community and those who are vulnerable to the impact of COVID 19 such as families who have lost their income and are struggling to obtain the basics. Our key workers, Our Doctors, our nurses, our teachers, our health care workers, our police, our fire service, our shop floor and delivery workers, our cleaners all these people are our frontline and our best hope to survive this crisis and they are vulnerable. By setting up 'Pay It Forward Tilston' I am asking local business and food suppliers to join me in providing week round support for these workers and their families.

I hope together we can provide fresh fruit and veg, cooked meals, laundry service, luxury items to nourish their spirit, dog walking etc anything that helps remove the day to day pressures and shows just how much we appreciate their effort and contribution.

IF YOU WOULD LIKE TO CONTRIBUTE, PLEASE FOLLOW THE LINK BELOW OR GO TO AMANDA'S POST ON FACEBOOK PAGE 'TILSTON SCHOOL MUMS AND DADS'.

Crowdfunder Tilston Key-Workers

Mary Richardson, Personal Trainer to the Tilston Massive (aka 'Big Maz') has kindly sent in this thoughtful poem and ideas for keeping fit.

Big Maz's Stairs and Chairs Workout

Hi everyone!!! Well as we are confined to being indoors, I thought I would give you some ideas for exercising at home. I also wrote a poem, which is probably not very good, but we all have to start somewhere. It's called

Strong

I looked in the mirror and what did I see
A woman who is not perfect looking back at me
It didn't seem to matter, I laugh, I cry, I get mad
I have fun and sometimes I feel sad
Strong is all those things and with my family and friends
Together I know I can get through anything life sends.

By Mary xx

So, back to ideas. Well, stairs are always good, just try going up and down 10 times. Could you do 3 sets? The bottom step is for steps ups, remember to put your whole foot on and do a set with your Right leg and then your Left, can you do 2 sets of each? The stairs are great for an incline press up, so your head is pointing towards the top of the stairs, hands in line with the shoulders, either with the elbows against your body as you descend (triceps more engaged) or a wide press up with shoulders, elbows and wrists at a 90 degree angle. Your abs should be pulled in tight to keep your back straight and don't stick your butts up in the air. Just see what you can manage. If that is too much, try a wall press, hands in line with the shoulders, abs pulled in, lean into the wall and back. Remember to breathe out on the effort as you push back. The same wall position can be standing mountain climbers, bringing alternate knees up. Keep your neck in line with your spine!!!

Try just getting on and off a kitchen chair, keeping knees behind toes.

Get the cans out for biceps and triceps, elbows tucked into the body. But now we have the kids, its challenge on for home style Olympics, hallway shuttle runs and hula hoop madness!!!!

Head over to Mary's Facebook page <https://www.facebook.com/MPRPT.co.uk/> for more inspiration and for the braver amongst us, there is a brilliant squat challenge!

Encourage children to cook with you with these tips and cooking recipes! Here are some basic guidelines for age appropriate tasks. As with anything, talk the child's maturity and ability into consideration.

KITCHEN SKILLS *by age*

Preschool (2-5 yrs)

Preschoolers can begin to learn basic concepts that they will need in the kitchen. Keep in mind that their attention spans are short, so small tasks are usually best, particularly those that don't call for actual prep work.

- Stirring batter in a bowl.
- Rinsing and straining fresh fruits and vegetables.
- Pouring liquid ingredients.
- Spreading peanut butter and jelly on bread.
- Mashing potatoes and other cooked vegetables.
- Rolling bread or pie dough.
- Using cookie and biscuit cutters.
- Whisking pancake batter.
- Cutting soft fruits and vegetables with a dull butter knife or plastic knife.
- Measuring liquid and dry ingredients.

Young Cook(6-8 yrs)

As kids learn to read, the perfect activity is to read cookbooks and follow recipes with your child. An important decisions you have to make: When is your child ready to begin using adult knives, the stove and oven? Close and constant supervision are required at all times.

- Whisking eggs.
- Frosting cupcakes and icing cookies.
- Mixing cookie dough and brownie batter.
- Using a can opener, juicer and garlic press.
- Grating cheese with a box or hand grater.
- Peeling fruits and vegetables.
- Mixing and rolling pie and tart dough.
- Making fresh pasta dough and using a hand-cranked pasta machine.
- Melting chocolate in a microwave.
- Whipping cream with a hand mixer.
- Making ice cream with a countertop ice cream maker.
- Using paring or other small knives.
- Boiling eggs and pasta.
- Frying eggs and grilled cheese sandwiches.

Preteens (9-12 yrs)

Preteens should be able to read labels, follow recipes and prepare many parts of simple dishes themselves. They should feel comfortable with basic knife skills, turning on appliances and in some cases be ready to cook on their own.

- Trimming and slicing vegetables.
- Putting foods in the oven and removing them.
- Working with timers and thermometers.
- Baking quick breads and muffins.
- Kneading dough and letting it rise.
- Cooking soup.
- Using specialty appliances such as a panini press and waffle maker.
- Steaming rice.
- Roasting vegetables.
- Cooking pancakes on a griddle.
- Using a food processor, blender and stand mixer.
- Frying hamburgers.
- Using a chef's knife and other larger knives.

Teenagers (13-16 yrs)

Teenagers shouldn't need close supervision and can choose what they would like to cook. They can prepare meals for the family.

- Using all kitchen appliances, including safely handling and cleaning the sharp blades of food processors and blenders.
- Developing knife skills to efficiently chop, dice and mince.
- Baking more complicated yeast doughs and pastries.
- Making risotto.
- Marinating foods.
- Pan-frying and grilling steaks, chicken breasts and other meats.
- Using slicers and mandolines.
- Using and cleaning outdoor gas and charcoal grills.
- Deep-frying French fries and chicken.

REMEMBER TO:

Wash hands, listen to the grown up in charge, ask questions, pay attention and

HAVE FUN!

CHOCOLATE MUG PUDDING

These little mugs of hot, chocolaty, goodness are so easy to make! They only have three ingredients (plus extras), they are gluten free, and the kids can cook them entirely on their own from start to finish as there is no hot oven involved. Even the mess is minimal since you mix, cook and eat all in the one mug.

A few tips:

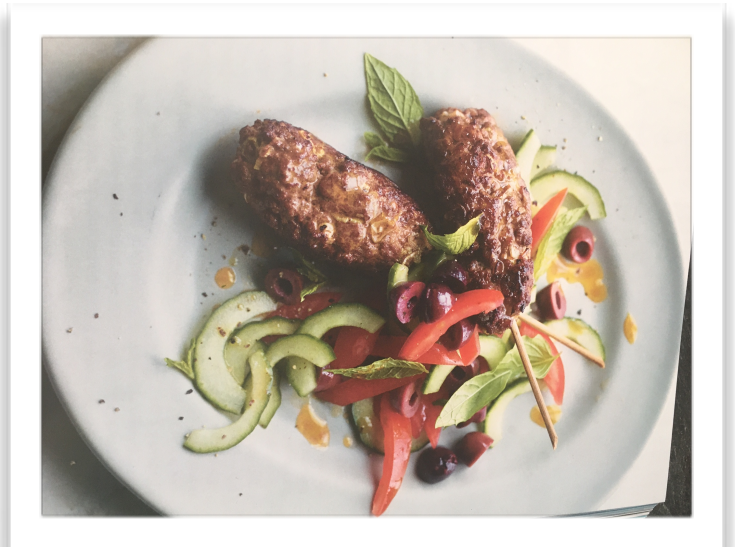
- Make sure you get right down to the bottom of the mug and mix everything together really well.
- Use a standard sized coffee mug, and watch closely as it cooks, hit stop before it overflows.
- Be careful when you take the mug out of the microwave, it may be hot, use an oven mitt and hold the handle.



I am sure most of us are beginning to look for inspiration for different meal ideas. Look no further - Adele Berry has kindly sent through her menu of the week. Perhaps you could get one or two ideas and maybe send us in some feedback/your recipes which could be included in next week's newsletter.

Lamb Koftas with Greek salad (from Joe Wicks, Lean in 15, Shift)

700g lamb mince
2 tsp cinnamon
2 tsp cumin
4 spring onions, finely sliced
2 cloves finely chopped garlic
Salt and pepper
Mix all ingredients together in a big bowl.
Mould into sausage shapes, pop a skewer through the centre, or leave as they are.
Grill until browned and cooked. Approx 8 min each side.
Serve with pitta bread or flatbreads, tzatziki, hummous and Greek salad (tomato, cucumber, olives, feta)



Mixed Bean Tacos

1 large onion, finely chopped
2 cloves garlic, finely chopped
1 tsp cumin
1 tsp oregano
400g tin mixed beans
400g tin chopped tomatoes
1 tbsp tomato puree
Salt and pepper
1 pack tacos
Sauté onion and garlic for 5 minutes. Add the remaining ingredients. Simmer for 15 min. Season to taste. Warm tacos. Serve with crème fraiche, salsa, cheese, jalapenos or rice.

Burgers

4 burgers (beef, chicken, lamb, pork or veggie)
Burger baps
Large tomatoes
Iceburg lettuce
Potatoes
Corn on the cob
Cook burgers as per instructions serve with homemade potato wedges (slice potatoes into wedges, cover in olive oil and pop in oven 200c for 30min) and corn on the cob (boiled in salted water for 10 min)

Fishcakes (Adapted from Annabel Karmel cookbook)

1 large tin of pink salmon or 2 tins tuna
2 large potatoes, cooked and mashed
4 spring onions, finely sliced
1 large squidge of tomato ketchup
Salt and pepper
Plain flour, half a cereal bowl full
2 eggs, whisked in a cereal bowl
Breadcrumbs, in a cereal bowl



Mix all the ingredients together in a bowl. Scoop and shape into individual fishcake shapes. Pop in the fridge for 10 min. Dip each one in flour, egg, breadcrumbs. Either bake straight in the oven on 180c for 20 min, you can spray them with frylite or fry lightly first then bake (makes them crispier). Serve with salad or vegetables.

Chicken curry (Adapted from AGA cookbook)

1kg chicken thighs, boneless, skin removed
2 red peppers finely diced
1 red chilli, finely diced
1 tsp ginger
2 garlic cloves, crushed
1 tsp ground cloves
1 tbsp turmeric
1 tbsp ground coriander
1 tbsp ground cumin
2 tins chopped tomatoes
1 tbsp tomato puree
Salt and pepper

Fry chicken to brown, set aside. Saute onions, peppers, chill for 3-4 min, add ginger and garlic and spices, fry for another minute. Add tinned tomatoes, puree and season. Return chicken to the pan and simmer for 30 min - 1 hr depending on how much time you have. Serve with rice, chips or naan.

Mini quiche (makes 12)

One pack ready-rolled shortcrust pastry
2 eggs, beaten
60g cheddar cheese
Filling (ham, cooked bacon, tuna, broccoli, leeks etc)
150ml milk
Salt and pepper

Preheat oven to 200c. Grease a muffin/cake tin. Cut out pastry circles and place in the tin. Mix your filling in a large jug with the eggs, cheese, milk and seasoning. Pour or spoon the mixture into the cases. Bake for 15 min. Serve with salad, vegetables and baked potato.



Mini toad-in-the-hole (makes 12)

12 chipolatas
150ml milk
150ml plain flour
3 eggs
Sunflower oil

Preheat oven to 200c. Cut the chipolatas in half and place two halves into each section of a muffin/cake tin. Pour a tiny bit of oil over and cook for 10min. Mix the milk, flour, eggs and seasoning into a bowl or jug. When the sausages are cooked pour an equal amount of mixture over each one and return to the oven for 15min. Serve with potatoes, vegetables and gravy.

All recipes serve 4 (maybe you could do some ratio and proportion maths work to calculate amounts for different sized families :)

**Mrs Wallace-Clark, our wonderful French teacher, has created the following two pieces of work to have a little fun with!
Enjoy!**

Peinture A Numeros

Confinement

| | | | | | |
|----------|--------|--------|--------|----------|--------|
| 1 un | rouge | 5 cinq | vert | 9 neuf | blanc |
| 2 deux | rose | 6 six | bleu | 10 dix | marron |
| 3 trois | orange | 7 Sept | violet | 11 onze | d'or |
| 4 quatre | jaune | 8 huit | noir | 12 douze | argent |

LE QUIZ MOTS

LES SALUTATIONS

E L L E P P A M E J T S P J
E A L A P R O C H A I N E I
I N J E R J R U O J N O B U
C J E B I N A Z S J N J M A
J J A I O N Z E A N S S E I
T N I I V N N E A T P R A V
E N O N E N A H I S O A D A
A U E B R A E S A L U T E E
E I V E U A A C S B N S M N
P O I U A O E N A A O A A R
P E L E C A N A O E C H I I
N J A I S E P T A N S C N S
R N R A B I E N T O T E O N
A V A C T N E M M O C P Z M

Bonjour

Salut

Comment ça va?

Je m'appelle...

J'ai sept ans

J'ai onze ans

Au revoir

À demain

À la prochaine

À bientôt

Find the words in the grid and translate the expressions.

Bonne chance!

Kids' Corner

RAINBOWS

Pictures of rainbows have started springing up in windows as a way of 'spreading hope'. However, Joseph Hughes, Year 4, decided to go one stage further by bringing his poster to life using his surroundings and cheering up his driveway to passers-by.

Well done Joe - much needed positivity!



Please join us in wishing William and Archie very happy birthdays!



WILLIAM CAMPBELL
Saturday 28th March



ARCHIE WILLIAMS
Thursday 2nd April

Thank you so much to everyone who has contributed; the response has been amazing! This really shows what a fabulous community we have.

The newsletter is a collaboration, so please send me any ideas/ pages that you would like to be added to rcorlett2@gmail.com

Dear Lord,
We are sorry for the things we have done wrong. Please forgive us. We give Thanks for the NHS who have lately been caring for those in need in this difficult time. We also are very greatfull for our family who help us through hard times and protect us. We are very lucky that we have houses to live in we thank you for those. I am greatfull for the amazing food we have to help us live. My teachers are also a great part of my life and I thank you for them for teaching me.

AMEN

Prayer from Alice Corlett
