

# The Tilly Times

## Welcome back!

This is the second weekly edition of our community newsletter. Thanks you so much for all the wonderful emails of contributions I've received.

Let's hope we all enjoy a different kind of Spring Break!



## UPDATE ON CROWDFUNDER FOR TILSTON'S KEYWORKERS

Amanda Barr has kindly set up a crowdfunding page to support the wellbeing of the key-workers in our community. She has set the target at £3000 and so far has pledges totalling £95. This is a great start; thank you to everyone who has contributed.

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

### Online French avec Madame Wallace-Clark

Tuesday saw lots of families excitedly logging onto Zoom to join Madame Clark to take part in her first online lesson. We are sure we speak on behalf of all families within our community when we say a huge, 'Thank you!' The children all seemed to enjoy this very much, as well as seeing their friends. We are all looking forwards to the next session. Details for this can be found on the 'French' page of this week's newsletter.



Hopefully lots of us found Adele Barry's 'Menu of the Week' useful. It's great to gain and share ideas, particularly with meals where we can become stuck in a rut. What better time than now to experiment with different recipes? Why not encourage the whole family to take part?



Adele has kindly shared another example of her 'Menu of the Week' - enjoy!

### Chicken and bacon salad

Iceberg lettuce

3 chicken breasts, cooked

1 packet of bacon, grilled

4 hard-boiled eggs, cut into quarters

150g sundried tomatoes

2 carrots, grated

Honey and mustard salad dressing

Garlic bread

Mix all ingredients together and pour over dressing. Serve with garlic bread or baked potato

### Teriyaki salmon (recipe from Mike Robinson, Saturday Kitchen)

4 Salmon fillets

4-5 tbsp soy sauce

1 lime, zest and juice

1 small chilli, chopped

2 tbsp maple syrup

1 large garlic clove, finely chopped

1 chunk of fresh ginger, finely chopped or 1 tspn ground ginger

2 packets of egg noodles

Bunch of coriander, chopped

Oil

Heat oil in pan and fry ginger, garlic and chilli

Add lime zest and juice, pour in soy sauce

Add maple syrup and cook until reduced and sticky



Pan-fry salmon for 2 minutes each side

Cook noodles according to packet

Serve salmon with noodles and greens or stir-fry

**Fajitas (adapted from Lorraine Pascale recipe)**

4 chicken breasts (or salmon, beef, tofu)

1 tbsp paprika

2 tsp ground cumin

1 tsp dried oregano

1 garlic clove

1 onion (red or white)

2 peppers (red, orange or yellow)

8 tortilla wraps

Cut chicken into small pieces and fry for a few minutes. Add paprika, cumin and oregano. Cook for five more minutes.

In a separate pan, fry the garlic, onion and peppers. Once the chicken is browned all over add to the vegetable mix. Cook for a further 10 minutes.

Warm the tortillas, either 10 min at 180c in the oven wrapped in foil or two min in a microwave.

Serve with crème fraiche, jalapenos, grated cheese, salad

**Noodles**

4 chicken breasts, sliced or small pieces (or salmon, extra veggies or tofu)

1 packet of cooked prawns

1 packet of beansprouts

2 packets of cooked, ready to wok noodles

2 peppers, sliced (any colour)

1 packet of sugar snap peas

2 garlic cloves (crushed)

1 tspn ginger

1 tbsp soy sauce

1 tbsp fish sauce

Small bunch coriander, chopped

Oil

Heat oil in a large frying pan or wok. Add garlic, ginger, soy sauce and fish sauce.

Add chicken, cook for 5-10 min

Add peppers and sugar snap peas, cook for 2 min

Add beansprouts and noodles, cook for 5 min

Add prawns, cook for 1 min

Serve into bowls, sprinkle coriander on top

**Korma curry (adapted from Paneer Korma recipe on BBC Good Food)**

3 tbsp veg oil

3 chicken breasts, cut into small pieces (or potatoes, 225g paneer, sweet potato or butternut squash)

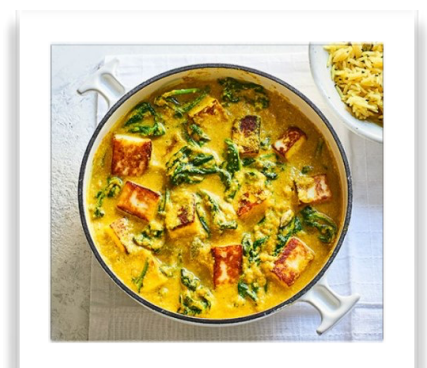
1 large onion

Small piece of ginger or 1 tsp ground ginger

2 large garlic cloves, crushed

5 tbspn korma paste

3 cardamom pods, crushed



70g ground almonds  
 500ml vegetable stock  
 150g spinach  
 100g Greek yogurt

Heat oil and fry chicken until browned. Remove from pan and set aside.

Put onion, ginger and garlic into a food processor with a splash of water and blitz

Heat a little more oil in pan and add the mixture with a pinch of salt and fry for 10 min.

Add korma past and cardamom, fry for 1 min.

Stir in ground almonds and fry for 1 min.

Add the stock, bring to a simmer and cook for 5-10min uncovered.

Add the spinach and cook for 5 min.

Stir in the yogurt. Season and serve with rice or warm naan bread.

### Lasagne (adapted from Becky Campbell's recipe)

1kg minced beef  
 1 onion  
 2 garlic cloves  
 2 sticks celery  
 2 carrots  
 1 large carton of passata  
 1 tbsp tomato puree  
 1 tsp mixed herbs  
 2 tbsp plain flour  
 2 tbsp butter  
 1-pint milk  
 Large handful of cheese  
 Dried lasagne sheets  
 Veg oil

Blitz the onion, celery, carrots and garlic in a food processor.

Fry until soft. Add the minced beef, fry until brown.

Add the passata, tomato puree and mixed herbs. Cook on a low-medium heat for 45min - 1 hour.

Heat the butter in a pan until melted, add the flour and stir. Add the milk slowly and whisk. Once in a sauce stir in half the cheese.

In a large oven-proof dish add a layer of sauce, a layer of lasagne and a layer of cheese sauce. Repeat. Sprinkle grated cheese on the top and cook in a 180c oven for 30min.

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

### Beef and vegetable stew in the slow cooker

1kg diced beef  
 4 carrots, cut into chunks  
 2 sticks of celery, cut into large slices  
 1 large onion, cut into large chunks  
 1 swede, cut into chunks (or butternut squash, sweet potato)  
 2 oxo cubes  
 ½ litre vegetable stock  
 Splash of Worcestershire sauce  
 1 tbsp plain flour

Put all ingredients in the slow cooker and cook for 6-8 hours on low. Towards the end turn up to high, remove lid and stir in the flour, cook until sauce thickens. Serve with crusty bread.

## FRENCH

Bonjour!

So this week's fun is in 4 steps.

### 1. Le Quiz Mots - Les Nombres

Here are your numbers 1 to 20 plus some extras. Find them in the grid and note down the numbers. Ask your Mum or Dad to help you if you need.



### 2. Peinture À Numéros?

The key (La Legende) is on the next page.

Not all the colours are used. Bring your coloured pic to French Fun at 3. I'd love to see them.

### 3. Le Lotto

This is bingo. Follow the instructions under each grid. You may like to print the page twice and double your chances!!!

#### **French Fun at 3**

**Week commencing 6th April, we're going to split up into 3 groups:**

**Robins at 3pm on Tuesday**

**House Martins at 3pm on Wednesday**

**Kestrels at 3pm on Thursday.**

I know it's the Easter holidays but this is fun, right? And we're gonna play bingo, French style! Don't forget your grids as well as your pics on the day.

Bonne chance!

Mme wallace-Clark

## LE QUIZ MOTS

### LES NOMBRES

M L F U E N A C Y X N W G T U C R J I R  
Q S M T B N U T V V X E N O Z E Z U O D  
M M X R G E I X R U R N C G Z Q X S X I  
K X P B T N Q K E E Q S X R G W E U L X  
Y Q S C M D I D W T N X O V G P E J R S  
S N M E T V I V N W R T H P T D P G R J  
H Z M F H I Q X N A A E E E E O W E M E  
S E S L D N U U H U G M I T Z P U F A R  
W M V V W G C K Q U T X N Z V N B V Z T  
N Q Z E U T H Q N Q I E I S E G I B K A  
V H T O X D U S O L R T E W A N P U L U  
L D U K I E L L D T Y B X T G E Z E Q Q  
B H K I S U Z D I X S E P T N U Z K T B  
W F B R T X Y L Z U R G E Z U E T N R V  
I S E P K K B D C V Y T X D J B R S O M  
P M F U E N X I D M U Q U J M L I T I D  
Z C M Z Q W P X R N C U S D K B I T S R  
U I Y K D N T R W S E I Z E A R E B Q L  
Q P M Q Z S I N F D N B F Y H S N S R A  
A L K Y A G X C V S V B A M K L O Z V V

UN  
DEUX  
TROIS  
QUATRE  
CINQUE  
SIX  
SEPT

HUIT  
NEUF  
DIX  
ONZE  
DOUZE  
TREIZE

QUATORZE  
QUINZE  
SEIZE  
DIX-SEPT  
DIX-HUIT  
DIX-NEUF

VINGT  
VINGT-ET-UN  
VINGT-DEUX  
TRENTE  
TRENTE-ET-UN  
TRENTE-DEUX

Write the matching numbers to the words and find the words in the grid.  
Can you see the pattern?

Bonne chance!

Peinture A Numeros



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Peinture A Numeros

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La Legende:

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

\* \* \* \*

LOTTO!

Tout le monde (Everyone), choose six numbers between 1 and 10


Robins, choose six numbers between 1 and 15

House Martins and Kestrels, choose nine numbers between 1 and 23


Robins, choose six numbers between 1 and 20

House Martins and Kestrels, choose nine numbers between 1 and 33


Parents, you may want to print this page off a couple of times!



## Kids' Corner



Please join us in wishing Joseph Millington a very happy birthday for last Monday!



JOSEPH  
WE HOPE YOU HAD A GREAT 9TH BIRTHDAY!  
30TH MARCH

## Scavenger Hunt

- 
- 
1. Something fuzzy
  2. Two kinds of seed
  3. Two pieces of man-made litter
  4. Something straight
  5. Something round
  6. Something smooth
  7. Something rough
  8. Two different types of leaves
  9. Something that makes a noise
  10. A chewed leaf
  11. A beautiful rock
  12. Something you think is beautiful
  13. A pinecone
  14. Something green
  15. Your favourite stick
  16. Something you think is a treasure

Who would like to take part in an outdoor scavenger hunt?

We would love to see some pictures of your collections. Please send them in for next week's edition.



- 1 🍏 🍈 🍎 🍊 🍰 🍦 🧀 🐛
- 2 🐱 ➡️ 🎩
- 3 🏠 🌙 🐰
- 4 🍯 🐻
- 5 🐰 🐇 🐇 🐇 🌿 ☕
- 6 📖 🧒 📖 📖
- 7 🟩 🥚 🔍 🐷
- 8 🧒 🧒 🧒 🧒 🧒 ✂️ 🐻
- 9 🧒 🐰 ⌚ 📀 🐛 🐷 ☕ 🧒 🐢
- 10 🧑 🧒 🦉 🌙
- 11 🧒 🧒 🧒 🍏 🍇
- 12 🧒 ☕ 🐱
- 13 🐭 🍪
- 14 🌈 🐟
- 15 🏃 🐰 🐟 🐟 🐟 ⛵ 🧒
- 16 👉 🐟 2 🐟 📿 🐟 📿 🐟
- 17 📖 📖 🦁 📖 📖
- 18 ⬤ 🐎
- 19 🐷 🐷 🐷 🐾
- 20 🧒 🐷 🕷️ ❄️

Book Title Quiz

Challenge your parents to a quiz!

Who can find the most book names from this list?

Children's  
Books -  
Emoji Quiz

# CHORES BY AGE

## AGES 2-3

- Pick up toys
- Wipe up spills
- Dust
- Clear place at meal time
- Help put away groceries
- Sort recycling
- Put dirty clothes in the laundry

## AGES 4-6

- Make their bed
- Sort laundry and put away clothes
- Feed pet
- Make a small snack
- Set the table
- Pull weeds
- Water plants

## AGES 7-9

- Get themselves up in the morning with an alarm clock
- Make their own school lunch
- Manage an allowance
- Fold laundry
- Cook simple foods (yes, this means using a knife)
- Load and unload dishwasher
- Vacuum

## AGES 10+

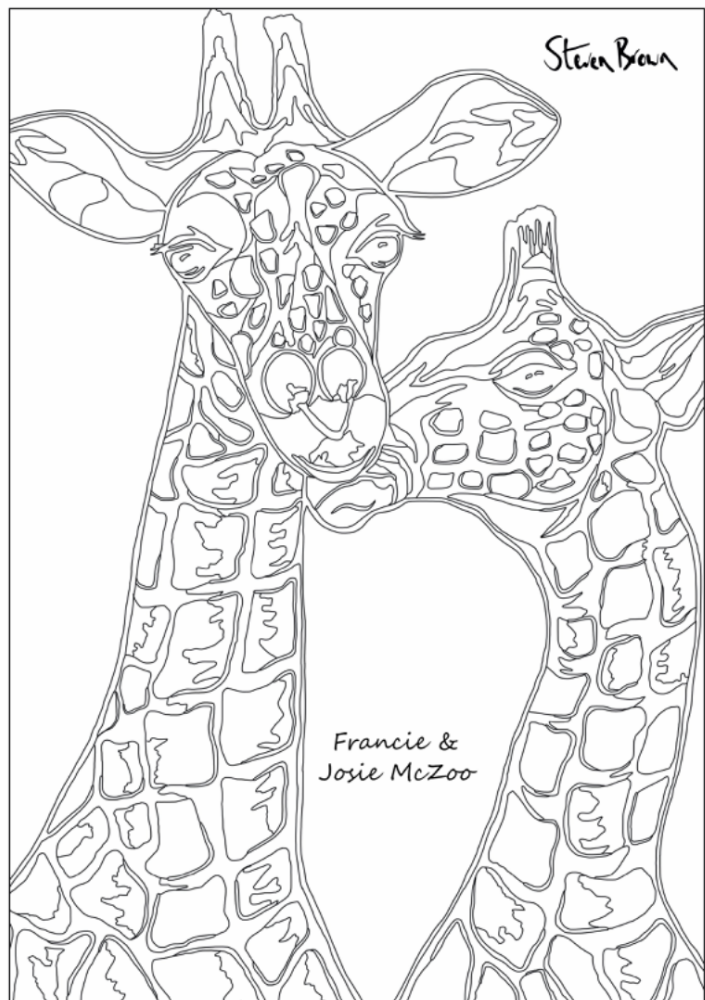
- Operate the washer & dryer
- Mow the lawn
- Basic home repairs
- Family budgeting (Help plan for school clothes or family vacation)
- Take an extra job for spending money
- Cook a complete meal
- Wash the car

## Chores

How many can you do now?

Can you aim to master more of these this week?

## Mindfulness Colouring



## Other ideas

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**As we are struggling to secure supermarket delivery slots and perhaps more reluctant to visit larger shops, we have compiled a list of local delivery services which may be of use to you.**

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- ▶ Bellis' Farm Shop - call and collect service. Call your order through, pay and arrange a collection time, pull into car park and a member of staff will load into your boot with no contact.
- ▶ Hampton Farm Shop - local delivery service
- ▶ Bicks Chicks - local meat delivery service
- ▶ Maxine from Whitchurch market - local delivery of fruit and vegetables
- ▶ Grosvenor Garden Centre - delivery service for garden supplies
- ▶ Tilston shop - delivery service
- ▶ Holly Farm, Whitchurch - local delivery of gardening goods and vegetables
- ▶ 'Ian's 5 a day' in Chester Market - local delivery of fruit and vegetables. Search 'Chester Market' on Facebook.

**Thank you so much again for your wonderful contributions. Please keep them coming!**

[rcorlett2@gmail.com](mailto:rcorlett2@gmail.com)