

The Tilly Times

Welcome back!

Wow! This is the third weekly edition of our community newsletter. The general aim is for it to help raise a smile and bring us together as a community. We hope you are enjoying it!

Thank you again for all the wonderful contributions!



CROWDFUNDER FOR TILSTON'S KEYWORKERS - WE CAN DO THIS!

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. COME ON, LET'S PUSH IT!

Crowdfunder Tilston Key-Workers

French Fun avec Madame Wallace-Clark

Our fantastic French lessons continued this week, with each class having a separate lesson. They were all really well attended and seemed to be enjoyed by all!

Remember that Mrs Wallace-Clark would love you to try to complete the pages included in this newsletter, but please don't let that put you off joining the lesson; just do what you can!

Details of next week's French Fun can be found on page 5 of this week's Tilly Times.

Since Adele has been sharing her 'Menu of the Week', my family have never eaten so well! We take a few of her ideas and all work together to cook the meals. I have often read about how asking your children to cook will encourage even the fussiest of eaters to eat different foods - well this week we have certainly seen this in our house. One of our children has a very bland diet ordinarily but he has eaten chicken and bacon salad, prawn and chicken noodles; this really has transformed our house! Thanks Adele.

Here is another example of her 'Menu of the Week' - enjoy!

Lamb Korma (from taste.com.au)

2 tbsp vegetable oil
 1 onion, sliced
 2 garlic cloves, crushed
 2 tsp ginger
 Leftover lamb from Easter Sunday, cut into small pieces
 4 tbsp korma curry paste
 400g chopped tomatoes
 400ml can coconut milk
 150g green beans, trimmed and halved
 Coriander leaves, to serve



Heat oil in a large pan and sauté onion for 5 min until tender. Add garlic and ginger, saute for 1 min. Add lamb, curry paste and cook for 1 min.

Stir in tomatoes, coconut milk and green beans. If sauce is too thick add a splash of water. Simmer on low for 30 min.

Serve with coriander, rice and naan bread.



Chicken nuggets

4 chicken breasts, cut into small pieces
 2 eggs, beaten
 1 cereal bowl full of breadcrumbs
 1 cereal bowl full of plain flour
 Salt and pepper
 Frylite or oil

Coat the chicken pieces in flour, egg and breadcrumbs and season with salt and pepper. You can add paprika to the flour mixture before coating the chicken, if preferred. Place on a baking tray and spray with frylite. Bake in the oven, 180c for 20 minutes. I usually have these with potato wedges.

Prawn pasta salad (adapted from Carla's recipe)

400g prawns, cooked and peeled
 500g pasta
 4 eggs, hard boiled, cut into quarters
 150g mayonnaise
 150g tomato ketchup
 2/3 cucumber, diced
 1 red pepper, diced
 200g tinned sweetcorn
 Black pepper to season

Cook pasta according to packet. Drain and leave to stand in cold water. Drain and add fresh water a few times until pasta is cold. Put all ingredients in a large bowl, pasta vegetables, eggs and prawns. Mix the mayonnaise and ketchup and pour into the large bowl. Gently mix. Season with pepper.

Tandoori chicken

4 chicken breasts, cut into thirds
 4 tbsp of natural Greek yogurt or crème fraiche
 3 tbsp tandoori powder

Mix the yogurt/crème fraiche in a large bowl. Add the tandoori powder. Add the raw chicken, stir and make sure you coat all the pieces. Cover and pop in the fridge for as long as you can. Ideally overnight or in the morning but you can do an hour before. The longer it marinates the better it tastes!
 Cook on a baking sheet in a 180c oven for 20-25 min until chicken is cooked. This is also delicious on the bbq! Serve with salad, rice or naan bread.

White fish with spicy beans and chorizo (from BBC Good Food)

1 tbsp olive oil
 1 onion, chopped
 Small rosemary sprig, chopped
 25g chorizo, chopped
 2 fat garlic cloves, crushed
 700g passata
 410g tin cannellini (or other) beans, drained
 200g green cabbage, shredded
 Pinch of sugar
 4 skinless chunky fillets of white fish

Heat oil in a large frying pan and sauté onions for 5 min. Add rosemary, chorizo and garlic and fry until the chorizo is starting to crisp. Add the passata, beans, cabbage and sugar, season. Simmer for 5 min.

Add the fish to the pan, leaving the tops of the fillets peeking out of the sauce, then cover with a lid and leave to cook for 3-5 min or until the flesh flakes easily. Serve with crusty bread.



Mediterranean meatballs and pasta (adapted from Simon Rimmer's recipe)

Olive oil

500g pork mince

1 small onion, diced

1 tsp ground Cinnamon

Pasta or rice

For the sauce:

2 tins chopped tomatoes

1 large onion, chopped

1 celery stalk, chopped

2 garlic cloves, chopped

2 tbsp tomato puree

200ml veg or chicken stock

Heat some oil in a small frying pan and sauté the small onion, once cooked set aside in a large bowl and wait to cool.

While you are cooking the first onion, you can start on the sauce. Heat some more oil in a large saucepan and sauté the large onion, celery and garlic for 5 min. Add the tomato puree, chopped tomatoes, a sprinkle of cinnamon and stock. Season. Bring to the boil then leave to simmer.

When the small onion has cooled, add the minced pork and cinnamon. Stir to combine then shape into meatball shapes. Put on a baking tray and cook in the oven for 20 min on 180c. You can also fry them if you prefer.

Just before the meatballs have finished use a hand blender to puree the sauce. You can leave it as it is, if you don't have a blender.

Add the meatballs to the sauce and cook for 5 min. Serve with pasta or rice.

Slow-cooked Easter lamb

1 leg of lamb

1 onion, cut into large pieces

2 carrots, cut into large chunks

4 cloves of garlic, halved

A spring of rosemary or dried rosemary

Half bottle of red wine (or 500ml of stock)

Fry the leg of lamb in a large frying pan to brown each side. This should only take a few minutes.

Add the vegetables to the bottom of the slow cooker. Add the lamb. Pour over the wine or stock.

Sprinkle on the rosemary. Cook on low for 6-9 hours. You can also do this in a large casserole dish in the oven. 140c for approx. 5 hours. Serve with roast potatoes and seasonal vegetables.

FRENCH

Salut tout le monde!

Tout va bien? J'espère oui!

This week we have

1. Le Quiz Mots - Les Pâques (Easter).

In the grid you'll find the Easter related words below. And as an extra, see if you can find the meanings. 😊

2. Le Vocabulaire - Les Nombres

Here are the numbers from last week's word search. Can you see the number patterns?

3. Peinture À Numéros

This week you can design the key (La Legende). Choose 9 colours and write them down in French to the corresponding number. Bring your coloured pic to our next French Fun at 3. I'd love to see them.

French Fun on Zoom at 3pm

We'll split into 3 groups again but if you want to join another group, you'll be most welcome. 😊

Robins at 3pm on Tuesday

House Martins at 3pm on Wednesday

Kestrels at 3pm on Thursday.

Amusez-vous bien! Bon weekend de Pâques!

Mme Wallace-Clark

LE QUIZ MOTS

LES PAQUES

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

PAQUES

JOUR DE PAQUES

OEUF DE PAQUES

BONBONS

CHOCOLAT

LAPINS

POULETS

AGNEAUX

PRINTEMPS

VACANCES

FETES

JOUER DEHORS

L'EGLISE

CROIX

VENDREDI SAINT

Find the words in the grid and have a go at translating them with Google Translate or a good old-fashioned dictionary, if your parents have one!

Bonne chance!

2. LE VOCABULAIRE

LES NOMBRES - NUMBERS

1 UN

2 DEUX

3 TROIS

4 QUATRE

5 CINQUE

6 SIX

7 SEPT

8 HUIT

9 NEUF

10 DIX

11 ONZE

12 DOUZE

13 TREIZE

14 QUATORZE

15 QUINZE

16 SEIZE

17 DIX-SEPT

18 DIX-HUIT

19 DIX-NEUF

20 VINGT

21 VINGT-ET-UN

22 VINGT-DEUX

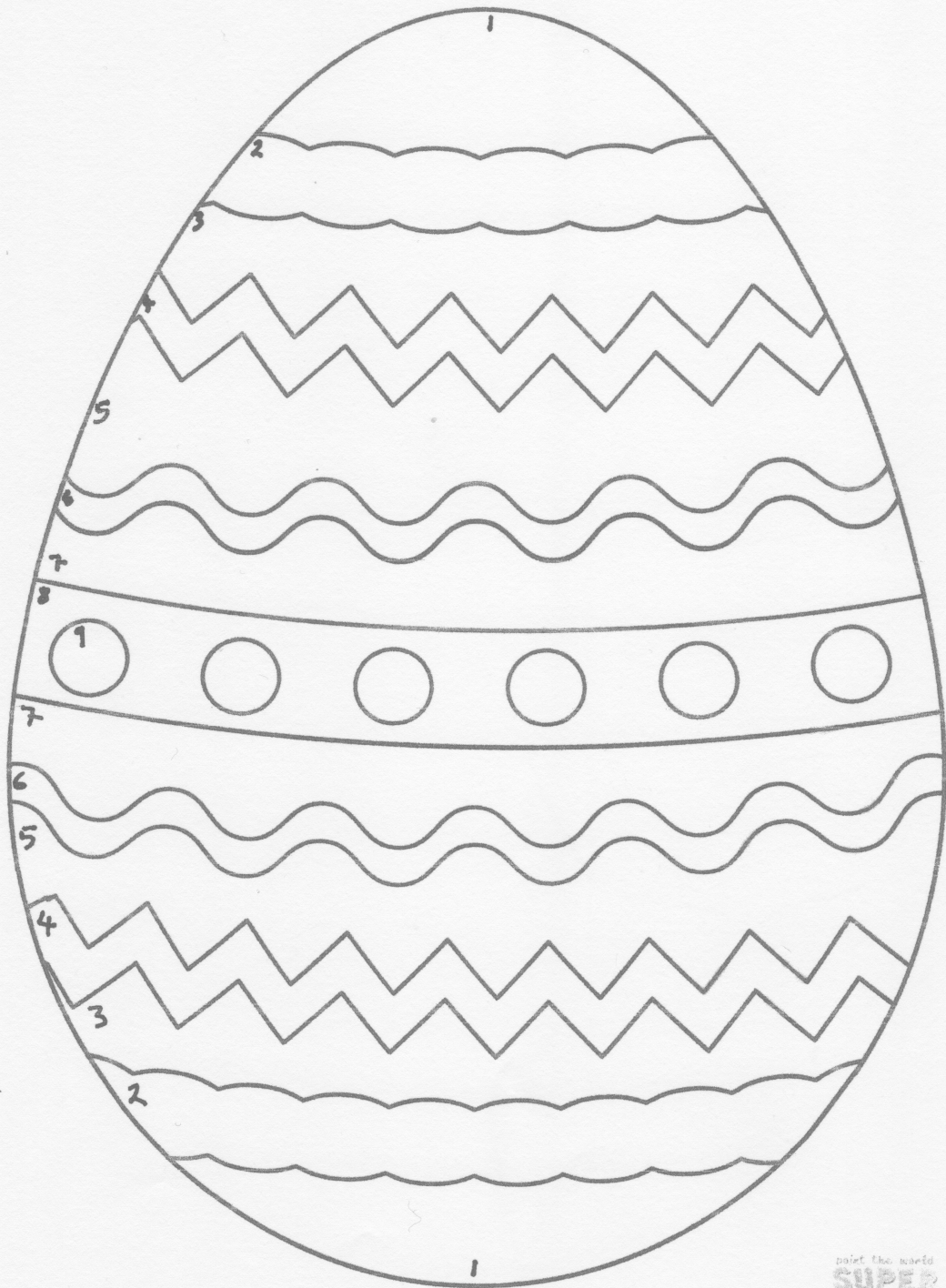
30 TRENTE

31 TRENTE-ET-UN

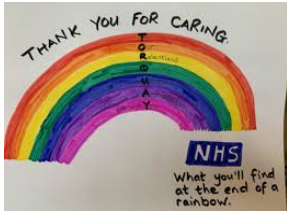
32 TRENTE-DEUX

Can you see the number patterns?

Peinture A Numeros



paint the world
SUPER
COLORING



TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff

We have all recognised the incredible and selfless support that has been provided by our NHS staff during these unprecedented times. With the opening of the new NHS Nightingale Hospital, children have been asked to create beautiful pictures of rainbows to decorate the walls. As some of these pictures have started to appear in windows, we thought it would be nice to create a 'Virtual' Rainbow Trail. The idea is to showcase the children's artwork in Tilston and the surrounding area.

So please could you ask your children if they would like to create and share! The pictures could then be photographed in your home window, your car window or even somewhere in the garden! There are lots of creative things to be done, just like the chalk drawing we saw by Joseph Hughes in Week 1 of Tilly Times!

Please email photos of the drawings to claireblake1@live.co.uk with your child's full name and age. They will then be published each week in the Tilly Times.

We look forward to seeing how imaginative they all can be!



Kids' Corner

Could you write a letter to cheer up an older person?

Message from Instagram HenPowerUK shared by Sam Andrews

Shhhhh! Don't tell anyone, but it's our head Hensioner, Owen's 90th birthday on 18th April. We'd be having a big knees up but in these times of isolation, that's not going to be a goer!



I spoke to Owen yesterday on the phone and he's finding the time in lockdown a bit of a challenge. Normally, fiercely independent, sociable and surrounded with friends, Owen, who's still grieving for the loss of his beloved wife Bell, has been in his own bungalow for days and is feeling cut off and disconnected. We know first hand that loneliness is linked to an increase in poor physical and mental health and obviously at

HenPower, we strive constantly to ensure connection through hen keeping and creativity and this just can't happen for the Hensioners at the minute.

We're reaching out to ask you a favour... Have you a minute to put pen to paper and write Owen a birthday letter? Letters are probably better than cards at the minute because email is the quickest and most efficient way to get them to us without putting our postal workers under additional strain.

We know he'd love to hear from you. If you're able to write a poem or draw a picture and scan it and send it too, well, he'd be blown away to know he was being thought about.

You can send your HenPal messages to Owen via our dedicated email:

henpals@equalarts.org.uk

We have lots of older people around the UK who are also feeling isolated. Let them know there's a world outside of their own lounge and drop us an email we can send on.

Thank loads everyone :)



Please join us in wishing
Isabella Sheard a very
happy 11th birthday for
the 18th April



Food availability

As we are struggling to secure supermarket delivery slots and perhaps more reluctant to visit larger shops, we will continue to add any local food delivery or collection services.

Waterways Garden Centre

Waterways Garden Centre, Holt Road, Wrexham are delivering plants and other garden items. You are able to pay over the phone <http://waterwaysgardencentre.co.uk/garden-centre/>

Frog Hall Beef

Locally bred, home grown farm beef in a variety of packages.

To order please contact Kay Dutton: kay.dutton1@gmail.com / 07803 205471

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

rcorlett2@gmail.com