

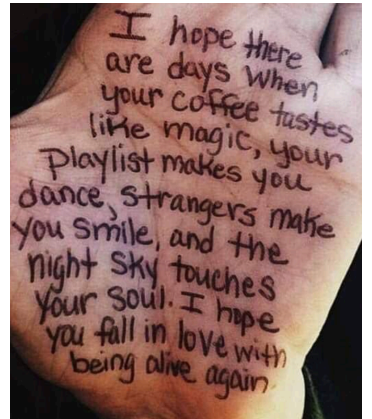
# The Tilly Times

## Week Five!

Well this week saw the return of 'homeschooling'. I hope you all found ways of working to suit you and your families.

As most you of know, I am a teacher with 14 years experience, yet my children insist that I can't possibly know how to add up to 100! They apparently know best. Give me a room of 30 children at the moment - it's far easier than teaching your own :) :)

All we can do is try our best and not over-stress about it. (Or look forward to a glass of wine at the end of the day!!!)



## For the love of Scrubs - NHS

[https://www.facebook.com/groups/ForTheLoveOfScrubsUK/?ref=group\\_header](https://www.facebook.com/groups/ForTheLoveOfScrubsUK/?ref=group_header)

A Tilston group has been started to sew items that will feed into the Chester and Ellesmere Port area. If you can sew or know anyone who can and is willing to help out, please get in touch and we can direct you to the relevant person. They also require unwanted sheets and pillowcases (still in good condition and colourfast so that they can withstand high washing temperatures). **If you can help at all, please let us know and we can arrange collection.**

It has also been suggested that we could donate items such as lip balm and hand cream as the constant use of masks etc. is causing irritations; so if anyone is able to donate sealed brand-new items, please get in touch.

## Adele Barry's Marvellous Menu of the Week

All recipes aside from Stuffed Peppers have been adapted from Lorraine Pascale (I have all her recipe books!)

### Prawn and Chorizo Pasta

150g chorizo ring, sliced

1 tsp rosemary

2 garlic cloves, finely chopped

1 red chilli, seeds removed and finely chopped

olive oil

2 x 400g tins chopped tomatoes

150ml red wine or veg/chicken stock

1 tbsp tomato purée

2 tsp dried oregano

300g pasta

125g cooked prawns

2 tsp caster sugar (optional)

salt and pepper

Heat oil in a large frying pan and cook the chorizo, rosemary, garlic and chilli for 1-2 min. Add the tomatoes, wine (or stock), tomato purée and oregano. Increase the heat and simmer for about 15 min. Cook the pasta. Add the prawns to the tomato sauce and heat for 2 min. Add the sauce to the pasta.



### Sticky Chicken Drumsticks

6 squidges of tomato ketchup

3 tbsp balsamic vinegar

3 tbsp soy sauce

2 tbsp Chinese five-spice powder

2 squidges of honey

1 garlic clove, crushed

$\frac{1}{2}$  tsp thyme

salt and pepper

a drizzle of sunflower oil

1.5-2kg chicken drumsticks (or thighs), skin on

Mix ingredients together in a large bowl. Add the chicken, stir and coat. Cover and leave in the fridge for a minimum of one hour. Cook for 30 min at 180c or BBQ. Serve with baked potatoes and coleslaw.





### Pasta with bacon and mushrooms

400g pasta  
 100-200g bacon lardons or cubed pancetta  
 175g mushrooms, finely sliced  
 225ml double cream  
 75g parmesan cheese, grated  
 freshly ground black pepper

Cook the pasta. Meanwhile, fry the bacon in a frying pan over a medium-high heat for about five min. When it starts to brown, add the mushrooms and cook for 2-3 min, then add the double cream. Once the cream is hot, add the parmesan and stir well. Once the pasta is ready, drain and return it to the pan. Add the bacon mixture and stir well. Season with pepper.

### Pesto Chicken & Stuffed Peppers (adapted from BBC Good Food)

4 chicken breasts  
 1 jar pesto sauce  
 4 red peppers  
 2 x 250g packets cooked rice  
 handful pitted black olives, chopped  
 200g goat's cheese, sliced

Spread pesto over the chicken and bake in a 180c oven for 20 min, until cooked. Meanwhile, cut the top off the red peppers and scoop out the seeds. Sit the peppers on a plate, cut-side up, and cook in the microwave on high for 5-6 mins until they have wilted and softened. While the peppers are cooking, mix the rice with 2 tbsp pesto and a handful of chopped pitted black olives and 140g of the sliced goat's cheese. Scoop the rice, pesto, olives and goat's cheese mix into the peppers, top with the remaining 60g sliced goat's cheese and continue to cook for 8-10 mins. Serve with the chicken.





### BBQ (side dish - patatas bravas)

- 500g baby/new potatoes, washed
- Olive oil
- 400g tin of chopped tomatoes
- 4 tbsp balsamic vinegar
- 1-2 tsp smoked paprika
- 1-2 tsp caster sugar
- 150g chorizo ring, chopped into chunky pieces

Season potatoes and drizzle with oil. Roast for 20 min at 200c. Pour the chopped tomatoes into a pan over a medium heat. Add the vinegar, paprika and sugar, a drizzle of oil, and salt and pepper. Simmer for 15 minutes. Add the chorizo to the tomato sauce. Cook for five minutes then pour over the hot potatoes. Serve with BBQ.

### BBQ (side dish - mango and feta salad)

- Two 9-oz packs of prepared mango cubes (or 2 large ripe mangoes, cut into cubes)
- 7 oz feta cheese, cubed
- 1 ripe avocado, diced
- Small handful of fresh basil
- 1 bag of rocket or salad leaves
- Salt and pepper
- A drizzle of olive oil
- 1 lime

Put the mango into a salad bowl. Crumble the feta over.

Add the avocado. Tear the basil and sprinkle over along with the rocket/salad leaves. Season, drizzle olive oil over, squeeze lime juice over and serve with BBQ.



### Slow-cooked chunky chilli

- 600g stewing beef, cut into bitesize chunks
- 150ml red wine
- 150ml beef stock
- 1 red onion, finely diced
- 2 red, orange or yellow peppers, cut into chunks
- 2 carrots, cut into big chunks
- 325g tin sweetcorn, drained
- 2 x 400g tins chopped tomatoes
- 75ml Worcestershire sauce
- 2 garlic cloves, finely diced
- 2-4 tsp chilli powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 bay leave
- Salt and pepper

Put all ingredients into the slow cooker. Stir and cook on low for 7-8 hours. Serve with rice and sour cream.

## FRENCH

Bonjour tout le monde!

Tout va bien? J'espère que oui! 👍

This week we have

### 1. Le Quiz Mots - Le Corp (The Body)

In the grid you'll find the words for different parts of the body. You will recognise some from our sing song, "Heads, Shoulders, Knees & Toes" in French or when we play "Jacques a dit, Simon says.

You will notice that I have included lots of different words at the start LE, LA and LES. These are the different ways of saying THE in French. I'll explain why when we re back in school.

### 2. Le Vocabulaire - Les Mots Croisés et, Les Jours et Les Mois

Here are the answers for last week's crossword. Regarding the days and months, I think you're able to work those out!

3. And as an extra, did you work out which now famous veteran is hidden in the grid, the date of his birthday and also the age he will be?

It was Tom Moore. On the 30th April (Le trente avril), he will be 100 years old (cent ans).

4. There'll be no **French Fun on Zoom** next week, I'm afraid but back in May. In the meantime, can Parents (especially those of you trying to work from home!) have a think and let me know when you feel the best time would be to have our bitesize sessions, some time between 3pm & 4:30pm. Taking into consideration the number of devises in your household, your network and the end of day palava!

So mes eleves, make sure you keep all the vocabulary from the past few weeks stored in a safe place. 😊

Amusez-vous bien dans le soleil ☀️.

Bon courage.

Mme Wallace-Clark

## LE QUIZ MOTS

### LE CORP

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

LA TETE

LE NEZ

LES EPAULES

LE DOS

LES CHEVEUX

LA BOUCHE

LES BRAS

LE DERRIERE

LES OREILLES

LES LEVRES

LES DOIGTS

LA JAMBE

LA FIGURE

LES DENTS

LE VENTRE

LES GENOUX

LES YEUX

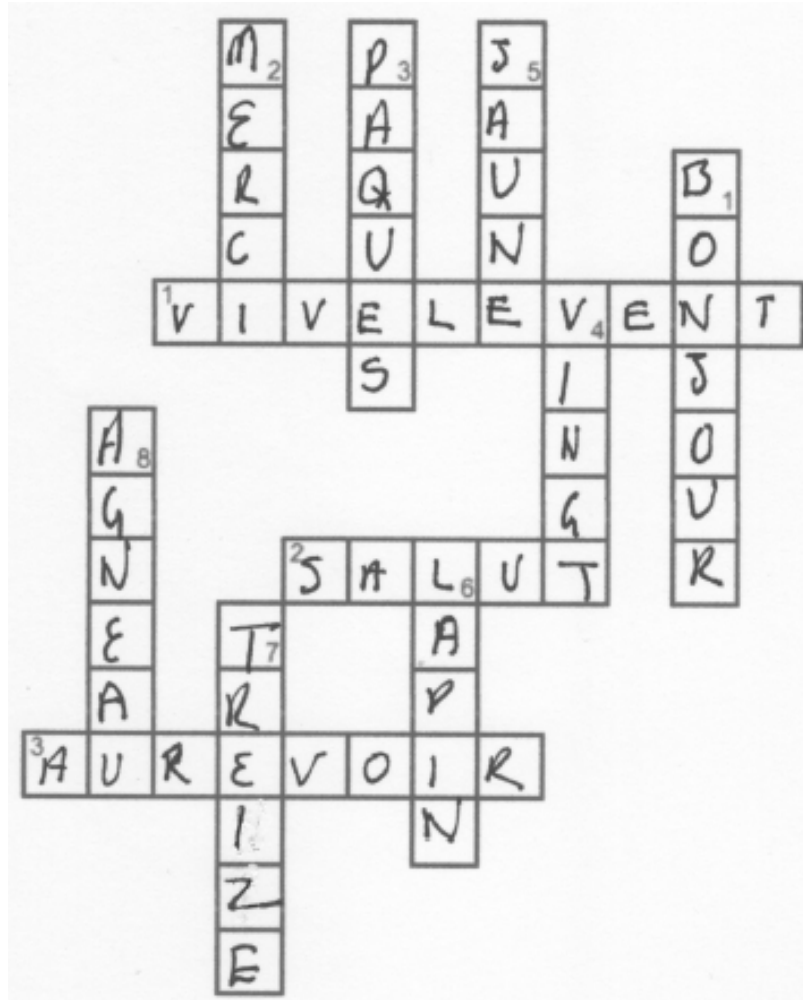
LA LANGUE

LES PIEDS

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 MOTS CROISES - Les ReponsesLes Jours - Days

LUNDI  
MARDI  
MERCREDI  
JEUDI  
VENDREDI  
SAMEDI  
DIMANCHE

Les Mois - Months

JANVIER  
FEVRIER  
MARS  
AVRIL  
MAI  
JUIN  
JUILLET  
AOUT  
SEPTEMBRE  
OCTOBRE  
NOVEMBRE  
DECEMBRE

## Big Maz's Exercise Corner

So the weather has been absolutely beautiful, but I am almost certain that it will probably change.

I was thinking about my top 10 exercises. If you want to try them there are lots of demonstrations can be found on you tube!!!! I would normally do around 20 minutes adding on a warm up and cool down before and after exercising.

- 1) The squat- my absolute favourite and there are so many options, works a lot of muscle groups and it is the one exercise that you want to be able to do as it's your sitting and standing exercise which you do every day!!!
- 2) Glute bridges- a strong butt means you are much better able to maintain form during the squat, it is great for knees as it helps keep them in line with your hips and engages your lower back and hamstrings.
- 3) Frankenstein slides- you will need a looped resistance band, but this is brilliant strength work for your hips!!!
- 4) The press up- Fantastic upper body and core work at the same time, there are lots of variations, but wide and narrow work just as well, always pull in your abs, keep your back straight, holding form is super important!!!
- 5) Plank- So many variations but this is the go to exercise for core strength!!!
- 6) Deadbug- another core exercise, so simple and so effective!!
- 7) Side Plank- again, you can add hip raises or add the arm under etc, but this is a must for the obliques and deep core muscles.
- 8) Walkouts- great all body exercise, you can add a press up, spiderman legs, plank, mountain climbers for extra difficulty!!!
- 9) Mountain Climbers- lower core and cardio combined, what's not to love!!!!
- 10) Burpees- best all round exercise!!! Look up and have a go!!!!

Always make sure you are properly hydrated and always ensure good technique. I would do 30 seconds of each and a 20 second rest, but finish with a 1 minute plank. Rest whenever needed.

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

**Send in any birthday announcements, recipes, ideas or anything else you can think of :)**

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