

BartholoNews



1 July 2020

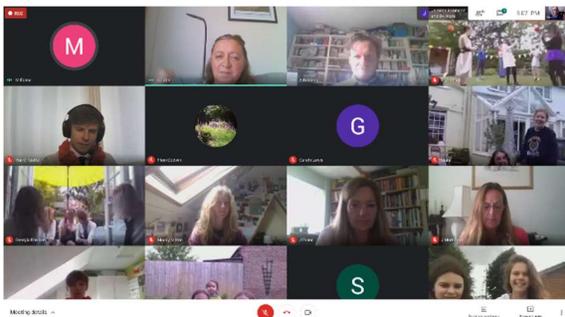
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YEAR 13 VIRTUAL LEAVERS' ASSEMBLY

Although it was not quite the way I envisioned bidding farewell to the school that has been an important part of my life for seven years, the virtual leavers parade on Friday 19 June was a perfect opportunity to show appreciation to the students and teachers who have supported me and my fellow leavers at St Bart's.

Beginning with farewells from Mrs Lane and Mr Robbins, which nearly induced me to turn off my camera as they left me rather bleary eyed, the leavers' parade provided the closure that was greatly needed to allow us all to move forward from our time at St Bart's. The goodbyes from St Bart's have in fact allowed us to open new doors into our future and given us the strength to approach and engage in anything that life throws our way.



Mr Eden's shared pictures of us in Year 7 which further emphasised what a crucial part this school has been for our development into adults and Mrs Lane's word game revealed my abysmal knowledge of the last names of people in my own year group! Hearing from Mrs Garrety reminded me of how she would always have their office door open to everyone and have time to talk no matter how busy she

was. In turn, hearing Ciara and Gareth talking about their experiences as Head Boy and Girl transported me back into whole school assembly, something routine and familiar.

Checking the chat attached to the zoom call, I found it was full of teachers imparting messages of farewell and good luck to their tutor groups and students. The school officers shared their gratitude for all the help provided by the Sixth Form team, House Heads and class teachers who supported us during our school career and are continuing to provide guidance for their students even when we have flown the nest.

And of course, it wouldn't be a leavers' parade without a finale of cha cha slide and the macarena which was heartily joined in by all those who I could see with their cameras still on!

Although not the way I expected to leave St Bart's, it proved to be a joyful celebration of all our year group has been through together and it was lovely to be able to see everyone happy, safe and well.

Arianwen Evans (13D1)

STAFF TRAINING TOMORROW

Tomorrow (Thursday 2 July) we have a second half day staff training session. Work will therefore not be set for students for their lessons on this afternoon. Provision in school for vulnerable students and children of key workers will continue as normal on this afternoon.

2021/22 TERM DATES ONLINE

Please note that 2021/22 Term Dates are now available on our website here:

<https://bit.ly/2YLFnlG>

ALL SCHOOL LEAVERS SUMMER 2020

Lunch Card Accounts

Please can you check the balance on your child's lunch card (via your Parentpay account). Where lunch card accounts are in debit and therefore money is owing to the school, please pay using Parentpay, alternatively, a cheque can be posted.

(Note: No action is needed for students continuing into the 6th form).

Where lunch accounts are in credit, monies can be refunded to students:

1. via parentpay (if deposits were paid initially via parentpay in the last 24 months); by e-mailing finance@stbarts.co.uk
2. by transferring to a sibling remaining at St Bart's, by e-mailing to finance@stbarts.co.uk
3. or, if deposits weren't paid by parentpay within the last 24 months, a cheque can be requested by e-mailing finance@stbarts.co.uk.

Please request a refund, or make a payment before Friday 10 July; any monies remaining on accounts in credit at the end of the summer term, i.e. 17 July 2020, will be taken as kindly donated to the school.

Additional purchased printing credits of Leavers

If additional printing credits were purchased via Parentpay and you believe these are not fully utilised, please contact the ICT Support department ictsupport@stbarts.co.uk to request a balance check.

Any unused purchased printing credits can be refunded via Parentpay by e-mailing finance@stbarts.co.uk before the 10 July.

Any monies remaining on accounts in credit at the end of the summer term i.e. 17 July 2020, will be taken as kindly donated to the school.

Please note that due to the current situation, refunds may take up to 2 weeks to process.

FOOD HEROES

For home study this term Year 12 Food Science and Nutrition students have been working on a recipe development enrichment project in preparation for their Year 13 Unit 3: Food Science internal assessment work. Students selected a top favourite family recipe on which to base their recipe development. Further to last week's Bartholonews, here are two further recipe designs created by our food students.

My Ultimate Recipe for Chocolate Chip Banana Bread (anon)

Ingredients:

- 60g margarine
- 128g dark brown sugar
- 256g self-raising flour
- 2 eggs
- 3 ripe bananas, mashed
- 1 tsp ground cinnamon
- 80g dark chocolate chips
- Lined 1kg loaf tin.



Method:

1. Pre-heat the oven to 180 degrees Celsius.
2. Whisk the eggs into a bowl.
3. In a separate bowl, cream the margarine and sugar together with a wooden spoon.
4. Then add the flour, whisked eggs, mashed bananas and cinnamon to the bowl with margarine and sugar.
5. Mix the ingredients together in the bowl until they are all combined, but do not over-mix.
6. Add the chocolate chips in and stir to distribute them evenly.

7. Pour the mixture into a lined loaf tin.
8. Cook for 45 minutes. The loaf should have a dark golden-brown colour, and a skewer should come out clean once poked into the loaf.

My Ultimate Recipe for shortbread: Sesame and pomegranate shortbread with white chocolate and coffee drizzle.

By Davie James

Ingredients

- 120g butter at room temperature
- 40g demerara sugar (plus a little extra for sprinkling over the shortbread when it's baked)
- 20g white caster
- 140g plain flour
- 40g cornflour
- 30g pomegranate seeds
- 30g sesame seeds
- For the chocolate coffee drizzle...
- 50g white chocolate
- 15g coffee powder

Method

1. In a non-stick frying pan, toast the sesame seeds on a medium heat until they appear more tan coloured and smell nuttier, moving them around with a wooden spoon so they don't burn. Leave aside to cool.
2. Lightly grease a large tray baking tin, 20x30cm. Pre-heat oven 140°C; 160° C fan; Gas 3. Set a shelf in the middle position.
3. Add room temperature butter to flour and then rub in lightly with your finger-tips, avoid heating the mixture into an oily mess with your hands. Leave the crumbs just as they begin to bind together. Add in both sugars, pomegranate seeds and toasted sesame seeds.
4. Tip this mixture into the greased tin. Press the dough in by pushing it in lightly with your knuckles. Level the top with the back of a spatula or tablespoon. Or shape by hand into a round inch thick circle. Make sure it's of even depth.
5. Then prick all over with a fork. You can add decoration with a variety of cutlery, perhaps you want to design something that represents your family. In the sixteenth

century, Queen Mary's French chefs divided an originally large round shaped pastry into triangles as individual servings. These shortbreads in triangular shapes were named as "petit gaudelles" in French, which means "little cakes". The name "petticoat tails" is actually a corruption of "petit gaudelles".

6. Chill in fridge until firm (approximately 40 mins to be sure all the butter has solidified).
7. Place in oven to bake on the centre shelf.
8. Bring out of the oven when pale golden around the edges and paler gold in the centre. Place the tin on cooling rack and sprinkle with a little demerara sugar. Using a sharp knife cut into the shortbread to create individual portions. Do not try to remove these pieces out of the tin until it is cold or it will crumble up.
9. Once cooled, the biscuits should snap where indents are or can be cut with sharp knife.
10. Melt chocolate over a very gentle heat by breaking it up into a pyrex bowl set over a small saucepan with 2cm water in it. The water must not touch the underside of the bowl. Once melted, split the chocolate into two bowls and mix in coffee powder into one bowl of chocolate.
11. Use a teaspoon to decorate the shortbread pieces by drizzling with both types of chocolate. Let the chocolate set. Yummy yum yam. The Scotts call this 'scran.'

The link to the St Bart's recipe bank is:

<https://bit.ly/2V2Gwxt>

Please continue to send us photographs of your home cooking, you can email any food teacher;

Mrs Eastman: leastman@stbarts.co.uk

Mrs Bell: mbell@stbarts.co.uk

Ms Wenlock awenlock@stbarts.co.uk

We will send you a Home Cooking Hero certificate the first time you send us a photograph and your cooking may now be featured on our food Instagram: [stbarts_food](#). (Please let us know if you'd rather we didn't).

*Mrs Linda Eastman
Head of Faculty Food & PDP*



The Heritage Garden at St Bart's

PE NEWS

Thank you to those of you who took part in the National Schools Sport Week last week, see below. A reminder that this week we are continuing with the Berkshire Virtual School Games Olympic Challenges. The information for these challenges has been sent out to students.

For these challenges all results must be sent in by Friday 3 July
 Years 7 and 8 to lleach@stbarts.co.uk
 Years 9 and 10 to nostinelli@stbarts.co.uk

Finally, we have some other exciting news. Next week we will be launching our very own St Bart's Virtual Sports Day where you will be able to take part in some events and score points for your house.

The information for this will be on SMHW for all groups at the start of next week and our PE social media sites.

FOLLOW YOUR HOUSE ON INSTAGRAM



curnockhouse
 davis_barts
 evers_stbarts
 stbartspatterson

National School Sport Week 2020 at Home 20 - 26 June

Congratulations to the following students who took part in some exciting challenges during National School Sport Week.

- Elliot Robins kicked off the week with a football keepy up challenge managing 69 in 30 seconds.
- Mia Harding took on the In the Box challenge and hit the target from a great distance of 5m away. She then completed the Tap up Tennis challenge managing 49 in 60 seconds.
- Bluebell Bradfield enjoyed some badminton and tennis with her family and long walks with her family and dog.



- James (above) had an extremely busy week completing a wide variety of challenges including - The toilet roll challenge where he jumped over 8 rolls, Standing T-J: 6.05m, Standing L-J: 1.98m, Speed bounce: 76 in 30 seconds, 10 x 10 m shuttle run: 27.8 seconds, Backwards overhead throw: 14.3 m, and finally the

Chest throw: 10.8 m. A very impressive week!

- Juliet Kielbon completed Go for a Bike Ride, In the Box challenge and scored 43 in the Tap up challenge. Her final challenge was Waste Paper Basketball where she scored an impressive 2m.
- Ellie Smith enjoyed the Cross the River challenge.

Congratulations and thank you to all of you who took part in this week and sent in your challenge results.

Berkshire Schools Virtual games Week 6 Enduro challenge!

Congratulations to those students in Year 7 & 8 who took part in last week's Enduro challenge.

We had some excellent scores and it was great to see so many of you involved.

Well done to both year groups for finishing 2nd in West Berkshire.

Year 7

- 1st: Willink School
- 2nd: St Bart's School

Year 8

- 1st: Willink School
- 2nd: St Bart's School



Cricket Challenge Certificates



Year 10 GCSE PE

Y10 GCSE PE Masterchefs have been busy in the kitchen creating athlete inspired meals and snacks for their Diet and Nutrition module.

Meals included

- Squash and Spinach
- Fusilli with Pecans, Chickpea Curry, Chicken Pesto with Green Beans and Tomatoes, Pasta Salad, White Fish and Noodles, Chicken and Olive Salad.



- Energy snacks included - Energy Bars, Healthy Pancakes, Oat Cookies, Coconut and Oat Energy Balls, Flapjack.

Below see the example, by Sam Robinson, of the students' brilliant work.

Design and cook a meal/snack for an athlete of your choice.

My athlete: Usain Bolt

When he was doing his sprinting a meal I would give him would be: Pasta with pesto sauce topped with chicken and vegetables.

Vegetables and pasta are important for maintaining glycogen stores and providing the body with much-needed energy.



Pesto is a delicious sauce often made from basil, olive oil, garlic, Parmesan cheese and pine nuts.

Ingredients such as the olive oil and pine nuts are higher in calories, because they have a high fat content. However, what makes this food considered “healthy” is that the fat is unsaturated.

NUTRITION FACTS ON THIS MEAL

Chicken Pesto Pasta
Amount Per Serving

- Calories 535 Calories from Fat 315
- % Daily Value*
- Fat 35g 54%
- Saturated Fat 15g 94%
- Cholesterol 154mg 51%
- Sodium 459mg 20%
- Potassium 472mg 13%
- Carbohydrates 34g 11%
- Fiber 2g 8%
- Sugar 2g 2%
- Protein 20g 40%
- Vitamin A 1500 IU 30%
- Vitamin C 4.2mg 5%
- Calcium 82mg 8%
- Iron 2.3mg 13%

YEAR 9 STUDENT WINS MEN'S GOLF COMPETITION!

Well done to Bradley Hopkin (9D2) who is the winner of the Men's Centenary Salver (Board Competition) at Newbury & Crookham Golf Course with a 4 over par round which had 143 entrants. Bradley now has a 7.5 handicap.



SUPPORT DURING THE SCHOOL CLOSURE

Don't forget that we have compiled a list of useful services for those in need during this difficult time. You can view it here: <https://bit.ly/2YXUvYJ>

We're also maintaining an archive of communications. You may find it useful to refer to these documents here: <https://bit.ly/35TD3pX> and to back issues of Bartholonews, here: <https://bit.ly/35XsBxm>

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