

much more than just a school

Park Post

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newsletter

Issue 16

April 2018

Students pay their respects

At the beginning of March, two Year 9 students, Ella and Katie, accompanied by Miss Butler, embarked on a two day First World War Centenary battlefields tour. The tours are a government initiative aimed at keeping the memories of the First World War, which ended 100 years ago, at the forefront of people's minds. Here is their account of a memorable and moving tour.

We spent the first night at an activity centre in Ashford, Kent and one of the activities was for us to research two soldiers whose names we were given. We were surprised to find that they both came from Havant and were saddened to find that they had not survived the War. Later in the tour we had to find the memorials to these soldiers. We found that John Teague was remembered on the Thiepval Memorial and William Bearley was at Tyne Cot Cemetery.



Continued overleaf...



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Battlefields Tour continued...

On our journey to Ieper (Ypres), Belgium, the next morning, we visited Lijssenthoek Cemetery where we learnt how to read a gravestone before moving onto the Passchendaele Museum. It had exhibitions showing all aspects of the First World War including uniforms and ammunition.

That evening we went to the Menin Gate in Ieper and took part in the daily ceremony to commemorate the dead of the War, by laying a poppy wreath which was inscribed with "From the families of Leigh Park, Hampshire in memory of our fallen heroes". This ceremony was very moving, and Miss Butler just about managed to hold back the tears.

The next day we went into France to visit locations which were involved in the Battle of the Somme. These included Newfoundland Memorial Park, the Sunken Road and Thiepval Memorial. After dinner we were shown the difference between the kit worn by a First World War soldier and a present day one. We were allowed to try on any of the kit that we wanted to.

On the last day we made a pottery figure which will form part of an installation of 600,000 models placed in no man's land (similar to the poppy installation at the Tower of London). We then went to a German cemetery which was very different from the others. The gravestones were dark marble, and they were laid down flat. Then we moved on to Tyne Cot Cemetery and Memorial where over 45,000 Commonwealth soldiers are remembered.

We then began the long journey home by coach; we were tired, but very reflective about all that we had experienced.



Race at our Place...

Georgie Harris from Park Community School, who is the driving force behind this event said: "Having lived in Leigh Park all my life and being an ex-student, I have a strong connection with the Park students and I feel its massively important for the students and the community to feel proud of where they are from and this kind of event certainly helps to promote that."

Nearly everyone has been or will be affected by cancer in some way in their lives, either directly or through a friend or family member. Lots of students and staff will be running with a personal remembrance or a message to a loved one on Thursday and this is their way of showing their support and helping to fund research towards a cure."

Headteacher, Christopher Anders said:

"For many staff and students the Race at Our Place is a highlight of the school year. This year was no different. The number of students who run and walk is a very special part of our school. It is one of those times when the difference between our school and others is clear to see. The sense of excitement and fun before the race as well as along the route is fantastic. The sense of achievement experienced by all participants is obvious at the finish line and in the conversations which take place back at school.

It is all about 'doing your best' and so also provides an important chance to push oneself. This year the rain might have put people off but it did not. We ran and many came to watch. Thank you if you were one of those. Trying to beat a friend or a member of staff adds to the event, but really it is about taking part and pushing yourself. Thank you to Miss Harris and everyone who helped to organise the run."

In aid of

CANCER
RESEARCH
UK

Tucasi Online Payments

Did you know that we have an online payment system which allows you to make payments for school trips and can be used to top up students dinner money allowance rather than them having to bring loose change into school? If you don't remember your log in details please contact school reception and we can arrange for a welcome letter to be sent to you.

There are links from the catering and trip pages on the school website to the Tucasi online log in screen <https://www.scopay.com/pcs>



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New York, New York... so good they named it twice!

What a fantastic time was had by all!

An early morning start on Thursday, 8th February led to an uneventful and smooth journey to Heathrow Airport and then a flight to Newark Airport, New York. We transferred by coach to the Hotel Pennsylvania on 7th Avenue, right opposite Madison Square Garden.

The hotel staff were super organised and had all room keys ready for us.

Once we had quickly unpacked we all went out to get food and then had a night time visit to Times Square. This was amazing as it is always buzzing and busy. The phrase "the city that never sleeps" is certainly accurate.

Friday saw us walking to the Empire State building and Rockefeller Center after sampling the delights of breakfast at Andrews coffee shop – pancakes, bacon, eggs and sausage were the order of the day. This trip to the "top of the world" was not for the faint hearted and many hundreds of photos were taken of the iconic views that we have all seen on TV and film. Some students, teachers and a parent took the opportunity to visit Madison Square Garden in all its glory to see an ice hockey game and show support with foam fingers.



On Saturday we took a subway ride to Central Park and walked around to the American Natural History Museum which allowed us to view many more movie sites such as those from "Home Alone 2" and "Night at the Museum".

As we left the museum the weather became very wet so our trip through Central Park to the subway was swifter than we had planned which allowed everyone to return to Mid-Town and fit in a little shopping - the sports shops and Macy's were particularly popular.

Saturday night was spent with another trip to the Empire State building, this time to see the views of New York in the dark as well as a walk to Grand Central Station which allowed us even more movie references. Foam fingers were the theme of the evening again as some visited the Barclay's Centre in Brooklyn, home to Jay Z's basketball team, the Nets.

Sunday was the day to take a trip down-town to the Hudson river to catch a ferry across to Liberty Island and around the Statue of Liberty. The weather was certainly against us as the rain was relentless but despite being soaked and cold there were absolutely no complaints from our wonderful students – resilience at its finest. There was even a water fight as we splashed through the puddles to get a 360° view of the statue.

Sadly Sunday was our last night in this vibrant city. We all went out to dinner together to explore “Legends”, a real American bar and restaurant, followed by a last minute look at Times Square by night.

After breakfast on Monday, with all our bags packed and stored safely, we took a long walk - this time down town to Ground Zero and the 9/11 memorial. This was an incredibly moving experience and once again the students made us so proud with their respectful attitude. Soon it was time to bid a fond farewell to this exciting city and to embark on our journey home.



Year 7 and 8 free book choices

This year Park decided to link the students' free book choices to the curriculum. Year 8's focus so far has been on Culture of Places, Cultures Poetry, Past and Popular Culture (we focused on Sherlock Holmes) and Present and Future Culture with a focus on dystopian fiction. Our choice of books is illustrated.

Hopefully there is something for everyone included in the mix. The books will be delivered to mentoring groups in time for some Easter reading. If you really enjoy your book, please write a review for the library wall.

Year 7 will get to choose their free book next term.



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Dame Kelly Holmes - Unlocking Potential Program

Year 11 student, Cain, has been working closely with Chris Weale, his mentor through the Dame Kelly Holmes' Unlocking Potential Program. Cain was asked if he would deliver a presentation to the whole of Year 11 in an assembly. Chris came along to meet with Cain on the morning of his presentation and stood with Cain whilst he very confidently and clearly delivered an assembly on mental health awareness and how sport can support you, including tales of his own experiences.

Both Mrs Norman and Chris Weale were very proud of Cain and his confidence and determination to be heard.

Cain's journey with Chris and the Unlocking Potential Program continues with a visit to Guildford University at the end of March.



Chris Weale – an interview with Mrs Norman

Mrs N: How did you get into football? Chris W: At cubs they played football and I got into it then. My great uncle played for Aston Villa and encouraged me to be a goal keeper.

Mrs N: What is your greatest achievement in football? Chris W: Becoming a professional footballer. Going from non-league football to the Championship league in three years.

Mrs N: Who do you admire and why? Chris W: Arnold Schwarzenegger because he adapted and changed careers successfully.

Mrs N: What matters the most to you in life? Chris W: My family - Issac (age 6) and Poppy (age 3).

Mrs N: What have you learnt from being in schools? Chris W: Teachers are supportive which mean pupils do well.

Mrs N: What has the Dame Kelly Holmes Unlocking Potential Programme taught you? Chris W: Communication skills, time management, prioritising and accountability.

Mental Health Awareness Football Tournament

Well done to Year 11 Students, Cain & Chloe for organising a football tournament for over 50 students! The emphasis was on how sport can aid mental health by relieving stress and offering distractions and of course keeping fit.

The students were excellent in their effort and enthusiasm and with Chris Weale as Goalkeeper, it was tremendous fun.

A fabulous evening with Cain and Chloe taking charge!



Portsmouth Music Festival

On Saturday, 10th March, fourteen students from Park competed in the KS4 Rock and Pop section of the



Portsmouth Music Festival. We had an amazing day performing at Warblington School against four other schools in the area. We entered three acts who all performed brilliantly and showed the talent at Park.

It was a tough competition with 16 entries, but Year 10 Student, Ellie-May was the overall winner of the day and achieved honours and the Gerraint Shield. Ellie-May was invited to perform in the Gala concert on Sunday, 25th March.



Choir Reward Trip



On Wednesday, 21st February Miss McIntosh and Mrs Carter accompanied the Park Community School Choir to see 'The Greatest Showman' at Cineworld in Whiteley.

This was a reward for them for their performances at Christmas time and the Christmas lights switch on. Everyone thoroughly

enjoyed the movie and have chosen a song from the film for the choir to learn. This is something the students will remember in the future.



GCSE Theatre Trip

The GCSE Drama students went to the Haymarket Theatre in Basingstoke for what was a wonderfully funny, poignant and skilful performance of the classic play 'Teechers' by John Godber, performed by Blackeyed Theatre.

Students were impressed by the standard of acting and the way so little was used to create such a powerful and fast paced piece of theatre. This performance will be the focus of their theatre evaluation in the upcoming Drama exam and gave them lots to talk and write about!



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Family Affairs

Reward points so far for academic attainment and effort:

Austen: 8424/Dickens: 6575/Brunel: 6733/Nelson: 6366

Rugby Workshop

Well done to students in their refereeing of 14 matches back to back at Havant College for the Year 3 and 4 Tournament. The students took their role very seriously and professionally. All students worked diligently and enthusiastically, and developed excellent relationships with the younger pupils. A quote from Jenny Knight, School Games Officer "Your pupils are SUPERSTARS!"



Young Leaders and Racket Skills Competition

Park Community School had the pleasure of hosting the Young Leader Award and Racket skills competition in March. Three hundred pupils arrived to compete, with 80 of our Sports Ambassadors running the whole event.

In the morning Warren Park, Barncroft, Riders Chidham, Trosnart and St Thomas More were among the schools who attended. All pupils worked hard and thoroughly enjoyed themselves.

This event enabled the ambassadors to develop communication skills, how to manage equipment, health and safety aspects and just what makes an excellent leader.

In the afternoon the pupils worked on a variety of racket skills in a circuit and again worked with enthusiasm and high energy.

Here are a few comments from parents who were watching...

"What lovely pupils, they have a lovely relationship with each other and the younger ones"
Parent

"I run the Southern Swim school, I would like to ask some of your pupils to officiate our swimming galas, it would be great to create a partnership!"

"They are such good-humoured pupils, what a pleasure to be around" Parent

A truly wonderful day!

STEM Event

On Thursday 15th March, around 120 students from both Years 8 and 9 took part in an all-day STEM event. It was run by 'Solution for the Planet', a business that specialises in visiting schools to discuss environmental issues. The first part of the day involved the students considering what issues there were and, of those, which were important or of interest to them.

I think everyone (including staff) were horrified at the figures related to plastics, the production and energy it requires, and then the energy that goes into disposing of it.

It is at this point the students got to be creative and come up with their own ideas. They needed to decide on an issue that was significant to them and design either a product, campaign or service that would help. There were some fantastic ideas and discussions happening. It meant students had to consider what was already in place and what they could do that was different.

There were some very innovative ideas including those that would help with littering, water dispensers and refillable bottles and the campaigns that would go alongside these. Students were stretched in all aspects as they had to trouble-shoot and be critical of their own work, then come up with solutions or alternatives.



Those that were keen to continue with their idea were given the opportunity to represent the school at a regional level to compete against other schools. The competition includes preparing a business plan to go along with the idea and then a presentation to a panel of judges. We had a group that worked fantastically all day and are named Breathe. Obviously, I can't give too much away about their design at this stage but watch this space.....

We will be supporting Breathe with their business plan and wishing them the best of luck in the first stage of the competition. If successful at regional level the students get the opportunity to present their idea in a national competition which takes place in Westminster, London. This is complete with a tour of the Houses of Parliament.

Well done one and all for taking part, and a HUGE well done to our group of Year 9 students taking it a stage further.



MUNCH



2018

MUNCH

Sunday Lunch

Join us on the last Sunday of every month
for a traditional Sunday Lunch and a pudding
Park Community School
12.00pm - 1.00pm

Sunday 22nd April

This has all been made possible by generous funding from various organisations including; Postcode Publications Ltd, Havant Borough Council and Park Community School.

Any donation towards the cost of lunch is always welcome



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Middle Park Way
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MUNCH



2018

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Thursday Tea Time

Join us for dinner every Thursday
Park Community School
5.30pm - 6.30pm

Every Thursday

This has all been made possible by generous funding from various organisations including; Postcode Publications Ltd, Havant Borough Council and Park Community School.

Any donation towards the cost of lunch is always welcome

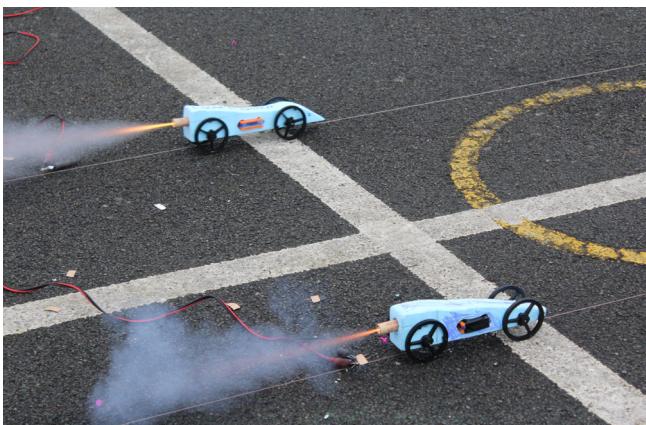


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Race for the Line - by Miss Conner



On Thursday, 15th March, the whole of Year 7 took part in the Race for the Line competition. This involved them designing and making a rocket car during Technology lessons. This is a national competition in conjunction with the Bloodhound team who are aiming to get their rocket car to 1,000mph.

Navy personnel conducted the races and each class of Year 7 joined them outside on the MUGA to witness their rocket cars racing against others. It was a very exciting day for all of Year 7 and was amazing to see the range of cars produced.

Light gates were used to measure the speed through a specific section of the track and this speed was used to determine a winner. We did have many cars crash and split due to their speed!

Only one team can get through to the next round which is held in April at Portsmouth naval base. Last year we were very successful and got to the National final, eventually coming fourth overall in the country.

The top speed this year was 51.19mph and our winning team was Bumper, a car made by Lewis and Lenny. Fingers crossed for the next round!



Maths Feast

Park students joined others from around the south of Hampshire for the local Maths Feast Challenge.



A Year 9 student augmented our two teams of Year 10 students so that he was ready for the challenge next year! Both teams scored well, with one team winning the prize

for demonstrating the greatest teamwork.

So what were the questions? Challenge yourself, here's one to get you thinking.

$$\begin{array}{ccc} \begin{array}{c} \text{Diagram: A large square divided into 16 smaller squares. The four corner squares are shaded grey, and the center 4x4 area is white. Below it is the equation } \\ 4^2 - 2^2 \end{array} & = & \begin{array}{c} \text{Diagram: A rectangle divided into 12 smaller squares. The bottom row has 6 squares, and the top row has 2 squares. Below it is the equation } \\ 6 \times 2 \end{array} \\ \hline \begin{array}{c} \text{Diagram: A large square divided into 9 smaller squares. The inner 3x3 area is white, and the outer border is shaded grey. Below it is the equation } \\ []^2 - []^2 \end{array} & = & \begin{array}{c} \text{Diagram: A rectangle divided into 10 smaller squares. The bottom row has 5 squares, and the top row has 2 squares. Below it is the equation } \\ []^2 - []^2 \times 2 \end{array} \end{array}$$



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Park Sports - Ex-students revisit Park for Work Experience

Five ex-Park Students recently came back to school to complete a two week work experience. They had all studied BTEC Sport Level 2 at Park. Four are now at Havant & South Downs College studying BTEC Level 3 Extended Diploma in Sports Development, Coaching & Fitness, and one is studying at Chichester University.

James



What I enjoyed about PE at Park was that I got to experience a variety of sports and being able to learn how our body works while doing these sports, which inspired me to continue this further in college as I found it really intriguing.

During my two weeks work experience, I have learnt how to teach a class and was able to lead a class of football. I also experienced just how hard teachers work and appreciate how much they help students achieve their full potential. The two weeks motivated me to achieve top grades in my course at college, so I am able to reach my aspirations of being a PE Teacher or even something else. I would like to come back and teach here one day.

Lewis

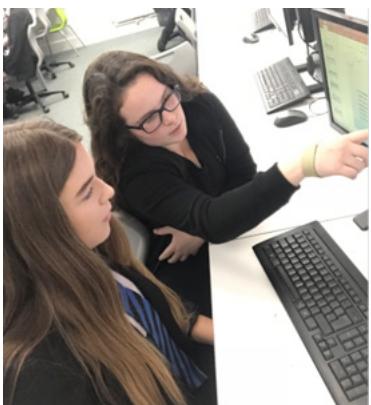


At school I most enjoyed the theory of PE because I got to advance my knowledge of the body's systems including muscular and cardiovascular. I also had the opportunity to acquire skills in a wide range of sports.

My work experience has enabled me to see PE from a teacher's perspective. I also had the opportunity to lead a class which I believe helped me to develop my coaching skills compared to the beginning of the two weeks.

I'm really hoping that my work experience will help me to obtain fantastic grades from my course, so I can end up teaching at a fantastic level. In order to find the correct pathway you need put in time and effort!

Courtney



What I enjoyed about PE at the school was that I experienced a range of different sports, how to be successful in those sports and then being able to learn about how our body adapts during them. I also enjoyed the support we all had from all the PE department when struggling within the course which really helped get me to where I am now.

While being at Park for my work experience, I have learnt some of the key factors of becoming a successful teacher and being able to lead a class. When I came for my first day of work experience I would never have thought I would come out at the end being able to do the things I have learnt during the two weeks.

My experience has inspired me more to focus on achieving the highest grades within my course. Being here has given me a lot more motivation to become a teacher and I would love to come back and teach at Park in the future. You'll only get to where you want to be with focus and motivation!

Lauren



Being a Sports Ambassadors really helped me to improve my confidence, by presenting speeches in front of 200+ people, both students and adults. I also gained valuable people skills which will help me in my future, as I can easily and confidently talk and perform a range of skills or demonstrations to any group of people.

During my work experience I worked with Mrs Norman, assisting with events and meetings, involving myself mainly with the Sports Ambassadors, and helping them develop their skills. I also worked in the PE department, helping in PE lessons. I have learnt that there is a lot of paperwork to being a teacher, but it's still fun, active and intriguing to teach.

In terms of my future, my goal is to be a Personal Trainer. However I do see becoming a PE teacher as an opportunity to take when I leave college, as I have enjoyed the experience. Winners are not people who never fail, but people who never quit!

Bobbi



My name is Bobbi and I have just completed a two week placement from Chichester University, within the PE department at Park Community School. I have been made to feel so welcome by all members of staff. I want to say a special thank you to Mrs Cavanagh and the PE department for making this placement so enjoyable and educational. The students were also amazing in making me feel comfortable and welcome.

I have really enjoyed being part of the BTEC sport delivery, supporting students to develop assignments. I have been able to take parts of sessions which has confirmed my desire to continue on the path to becoming a fully qualified teacher.

Park Community School is a remarkable learning environment and has all the qualities that make up a true COMMUNITY school.

Cross-Country

These fantastic students took part in the Area Cross Country Championships this term at Crookhorn School.

Each of them tried extremely hard against some tough competition with many of them continuing with their training since the event.



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Cheerleading - the Park Pumas



Year 9 Cheerleading Club started this term, with the help of Megan, an ex-student who has come back from university where she is studying sport. We had a great time and for a first session exceeded all expectations!



Swimming Development Program

The students pictured are some of the 24 successful applicants to complete Park Community School's first swim development programme with World Champion, Katy Sexton.

This exciting experience begins with Year 7 after Easter followed by Year 8. Students will have the chance to work for six weeks with Katy to improve their water confidence and swim technique.



Hampshire Schools Football

Year 11 student Bailey has played for the Hampshire Schools under-16 boys football team throughout this season. The team have performed fantastically well and are through to the English Schools' final which is a huge achievement for the boys and the county!



The PE department wish Bailey and the team all the best of luck for their final.

BTEC Stars

Students have been studying BTEC Sport with the PE team and have made outstanding progress. We are extremely impressed with attitude and effort shown within both theory and practical. The course requires in-depth research, application and analysis of body systems, personal performance and methods of training. Year 9 and 10 students, Brooke, Kye and Jahiem have really stood out to staff for their resilience and attainment.

We would like to also recognise the superb efforts from all the Year 11 students who have worked hard to complete this course. They have shown maturity and dedication to achieving very good grades.



SPORT RELIEF!

2018's Sport Relief has seen a wide range of alternative activities put on throughout the week, both in lessons and after school, by the PE department. Students have been outstanding with high levels of effort and enthusiasm for each day and event.



Monday - Justdance'athon

Monday saw all students in Years 7 and 8 complete an awesome Justdance'athon. Students worked solidly throughout their PE lesson following a Just Dance themed workout screened in the sports hall.

Students worked at high intensity throughout songs such as 'Footloose', 'Waka Waka', 'Istanbul', 'Swish Swish' and 'Handclap'.

The PE team were impressed with everyone's attitude and involvement in the first day of Sport Relief. #whatevermovesyou



Tuesday - Run, Bike, Row Challenge

Tuesday's challenge was all about working as a team. The Run, Bike, Row Challenge required teams of three, with each team member being assigned one of the pieces of equipment. The idea was to see how far each team could get as a collective in five minutes.



Year 7C1 gave a fantastic effort throughout the session. Early leaders team 'Night Destroyer' scoring a total distance of 3.618km held the lead right up until latecomers 'Captain America' blew everyone out of the competition with a distance of 3.706km.

Special mention should go to Kezia for an awesome solo performance of 2.09km.

Wednesday - All about the Workout!

Wednesday was the workout. Students tried very hard through a Joe Wicks HIIT work out and a range of fun fitness challenges. Year 10 BTEC Sport students pictured here are working through a 'bring sally up/bring sally down' squat work out and a cha cha slide plank challenge. Outstanding effort and amazing attitude to try something different.



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Thursday - Volleyball

Thursday saw groups taking part in a Volleyball taster session with the PE team. Students were superb at trying this new activity and really picked up the Set and dig very quickly. As a result a new volleyball club will be starting next term.



Friday - Flag Football

Flag football fun – despite the cold weather!

Students were outstanding at this introductory session of flag football, working hard to perform passes and set plays in modified games.



The Mile Run



The last event of the week .. the famous Sport Relief Mile!

The PE department took Year 7 on a one mile run around the local area finishing on the school STP. The students' efforts were inspiring with everyone trying their hardest. The first placed boy and girl received these fantastic Sport Relief t-shirts



Staff Step Up for Sport Relief

In line with Sport Relief's Billion Steps Challenge, Park staff took part in the Park Staff Step Challenge throughout the week.

The grand total of steps recorded was ...

1,332,640



Park in the Community

Dynamics Dance Company

On Saturday, 24th February, Dynamics Dance School (based in Drayton) once again put on their annual dance show in the theatre at Park Community School. A total of 80 dancers took part, with ages ranging from 3 - 80! For some this was their first time on stage and for others it will be their last as they hang up their dancing shoes.



There were 25 dance routines (tap and modern) and all were choreographed by Lisa Marsh. Each dancer performed in at least four dances.

A fantastic time was had by both the dancers and the audience and Dynamics Dance School plan on returning at the end of the year with a Christmas show.

Hampshire Music Festival - Primary Children's Workshop



A wonderful afternoon of musical fun was had by primary school children with World of Music on Saturday, 17th March 2018 at Park Community School's Dickinson Centre.

As part of the Havant Music Festival, the children were encouraged to learn new skills whilst having fun playing unusual instruments such as steel pans and harps amongst many others.

Max said, "It was awesome. My best bit was playing the harp and singing, and I loved making the didgeridoo"



Essential Dates for your diary...

- Friday 30 March - Friday 13 April - Easter break
- Monday 16 April - School reopens
- Monday 7 May - Bank Holiday
- Thursday 10 May - Year 9 & 10 Parents' Evening
- w/c Monday 14 May - Public exam season starts
- Monday 28 May - Friday 1 June - Half Term



Recipe by Steven Cross, Head Chef

Big Baked Aromatic Salmon

Spring marks the transition from winter to summer! Unfortunately, we seem to be stuck in the depths of winter with frost and snow still lingering!! The days are starting to lengthen with lighter evenings which always helps.

For me Spring means blossoms on the trees, bees dancing around the trees and on the hill side the sight of newborn lambs.

During Easter we will be busy sowing plants at the school small holding and looking at the exciting produce that comes with the warming weather.

Ingredients

Half Salmon fillet (skin off)

1 x stick of Ginger

3 x cloves of Garlic

2 x Lemons (zest)

1 x Orange (zest)

100g Sultanas

Bunch of Coriander

250g Butter (salted)

Salt/Cracked Black Pepper

1 X tsp Cumin seeds

Sheet Puff pastry

Preparation time: 15 – 20 mins

Cooking time: 30-40 mins

Serves 6



Method

1. We are going to cook the salmon piece inside the puff pastry making a parcel so we need to open and roll out the pastry into a large rectangle, leave this to one side once done.
2. Preheat the oven to 160 degrees and cover a large baking tray with one sheet of baking parchment.
3. Now to make our aromatic butter which will coat the salmon penetrating the fillet. Leave our butter out to soften in a large mixing bowl this needs to be soft/spreadable and not runny.
4. Peel and finely chop the ginger, garlic and coriander placing on top of butter.
5. Zest both the lemons and orange adding to the butter bowl.
6. In the mixing bowl begin to combine and mix into a paste adding the sultanas and cumin seeds.
7. Make sure the butter is fully mixed and the ingredients are eveningly distributed.
8. Now place our half fillet of salmon in the middle of the puff pastry and season with salt and pepper.
9. Spread the butter on top thickly using all the mix, now wrap the salmon with the pastry forming a parcel.
10. Place onto your lined tray and decorate with any leftover pastry, egg wash before baking. For some extra crunch sprinkle with poppy seeds or sesame seeds.
11. Bake at 160 degrees for 35 – 40 mins.
12. Slice and serve with some minted new potatoes and seasonal greens.

What's coming up next term...

- Hampshire in the Halls at the Royal Albert Hall - April 2018
- Swimming Lessons for Year 7 - April/May 2018
- SSE Women's FA Cup Final - May 2018