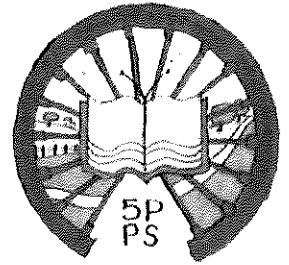


WESTHOUSES PRIMARY SCHOOL

Bolden Terrace, Westhouses, *Alfreton*, Derbyshire DE55 5AF
Telephone: 01773 832518
Email: info@westhouses.derbyshire.sch.uk
www.westhouses.derbyshire.sch.uk
Head Teacher: J Whitby



Dear SNAG at Copthorne Primary,

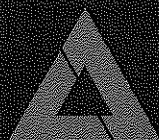
We hope you enjoy our Newsletter all about our Food Life projects. Included is a brief summary of some fantastic things we have been up to by Rowan and Luca, some yummy recipes from our webpage and some articles from community links we have.

We hope to keep in touch with you in our Food for Life journey as we work on achieving our Silver award and will continue to send you fun updates.

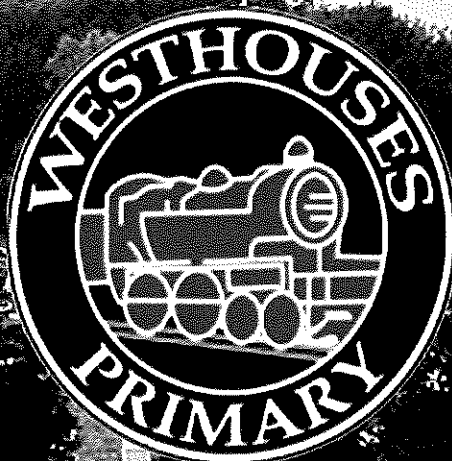
We look forward to hearing from you.

Westhouses Primary School SNAG team.





**Westhouses
Primary School
NEWSLETTER
Episode 1**



FOREST SCHOOLS

FOREST SCHOOL IS RUN FOR BOTH TRAILBLAZERS AND EXPLORERS. TRAILBLAZERS MADE THEIR VERY OWN FIRE WITH LOGS THEY HAD COLLECTED AND CELEBRATED THE END OF THEIR FOREST SCHOOLS EXPERIENCE IN STYLE WITH SMORES. THEY ALSO PLAYED GREAT OUTDOOR GAMES AND DID OUTDOOR ARTWORK WITH CLAY/STICKS. THEY ALSO TENDED TO OUR PLANTERS CREATING BEAUTIFUL FLOWER DISPLAYS AND MADE 'FLOWER BOMBS' FOR THE WALKWAY LEADING TO SCHOOL. TRAILBLAZERS CREATED HUGE DENS/SHELTERS AND BUILT HOUSING FOR NATURE SUCH AS BUG HOTEL AND LADYBUG HOUSES.

GREEK DAY

PHILOSOPHERS (YEAR 3/4) CELEBRATED THEIR GREEK DAY IN STYLE. THEY GOT TO DRESS UP LIKE GREEK GODS/GODDESSES AND MAKE 'MUMMIFIED TOMATOES' - THESE WERE STUFFED TOMATOES WITH FETA.



LETTUCE

EXPLORERS (YEAR 1/2) GREW AND HARVESTED THEIR OWN LETTUCE.

TRAILBLAZERS (YEAR 5/6) HAVE BEEN TENDING TO OUR WILLOW AREA, READY FOR SUMMER 2022.



PIZZA

PART OF THE LITTLE EXPLORER'S (OUR RECEPTION CLASS) HEALTHY EATING LESSON THEY DESIGNED AND CREATED THEIR VERY OWN PIZZAS.

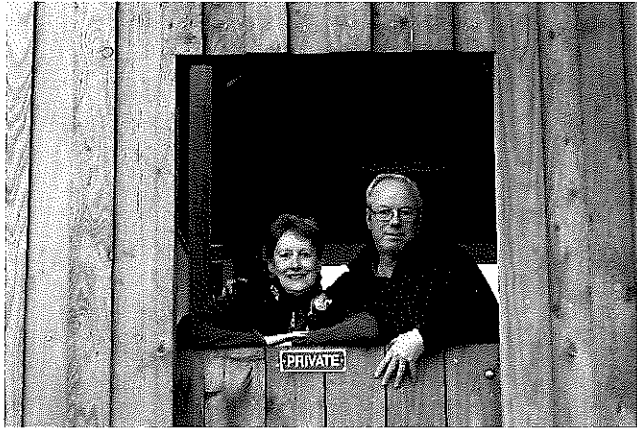
OUR SNAG TEAM HAVE ALSO JUST DESIGNED A PIZZA COMPETITION FOR NEXT HALF TERM - WATCH THIS SPACE!



Andrew and Liz at Top Eccles Farm

Hello

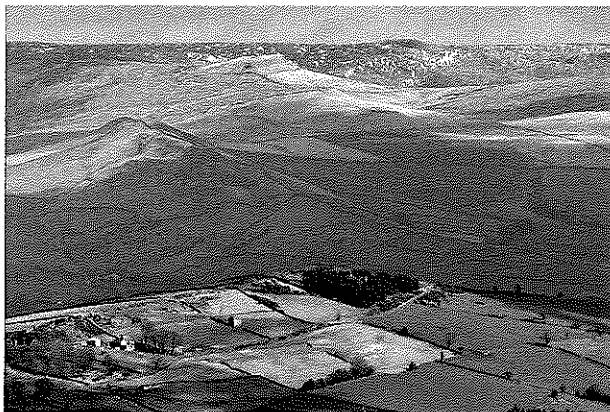
Let us introduce ourselves, we are Andrew and Liz and we live at Top Eccles Farm here in the High Peak of Derbyshire and we are your new Food for Life Farm Link. I have to say Andrew does usually look more cheerful!



We are a smallholding with just a few acres, but it makes up part of our living. We have converted a stone barn into a holiday cottage for 4 people called Barn Meadow and have 2 cats called Sparkle and Spangle, 2 alpacas called Hercules and Horatio (we spin and sell their fleece), 9 hens which do have names – wellie, nom, HP, grumpy, spotty, leggy, hooky, nooky and speck and 3 beehives – no

they don't have names but produce lots of delicious honey. We currently don't have any other animals but watch this space!

We have a polytunnel and growing area to grow produce for ourselves and holiday makers. We sell some of our produce from the bottom of our driveway and into local shops. We are quite high up over 1100ft (can you work out how many metres that is?) so our growing season is quite short. We both have other part-time jobs to make ends meet!



We are very lucky to live in such a beautiful place, but it is hard work at times.

Here you can see our little world!

We have some great neighbours who farm on a slightly larger scale than us. One has lots of sheep and a horse livery and the other is 'rewilding' their land and have pigs, sheep and cattle. We will be introducing them over time. At some point it will be great to do a live chat with you so you can ask us questions and see where we live. Watch out for our next update when we will show you how the alpacas are sheared and the wool spun. Hercules and Horatio do like to roll and chill out!



Bye for now

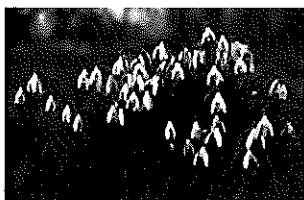
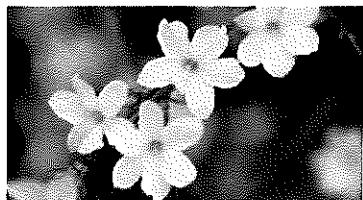
Liz & Andrew

The Beekeepers guide

February

This month is the first month of starting to be busy. Things are starting to happen in the beehive! The bees check the weather and if it is starting to warm up a little and flowers are starting to grow, they will let the Queen know that it's time to start laying her eggs again.

What flowers might you see this month?



These are winter jasmine, snowdrops and crocus and all give good pollen. Pollen is something called a protein and helps to make and grow new bees, so bees need lots of it from now on to feed the babies.

The Queen won't have had very much food during the last few months while she's been in the middle of the cluster of bees. She's only been keeping still and warm, and not laying any eggs. She won't have felt hungry – it's just like us when we are in bed and asleep, we don't get hungry. But by now she will be quite skinny, so the bees need to feed her well to give her the energy to start laying eggs. Just like us getting up on a morning, hungry and ready for breakfast!

Therefore beekeepers have to make sure that the bees have enough food in the hive to last them until around March. There aren't many flowers about until then, and we never know what the weather will be like or when exactly the Queen will start laying eggs again.



The bees that hatch out (like this one) from these new eggs will be the first of the summer bees. The bees that hatched in September and October were the winter bees and their only job has been to look after the Queen during the cold months. They are a little fatter than the summer bees so they can cuddle up to her to keep her warm. These old bees have reached the end of their lives as spring arrives, so they die, making room in the hive for all the new bees who are all fresh and ready to work hard in the summer!

This month, my job is to start building new equipment.

I have just been given 6 more colonies of bees so now have 14 altogether. This means I have a lot more bees to look after so I need to work out what extra equipment I will need – and then start building it!!

Here's a puzzle for you - I will need a clean box for each hive for the Queens to live in with their bees, and new frames for the Queens to lay their new eggs in. If I have 14 boxes and each one holds 11 frames, can anyone work out how many frames I need to build?

That's quite a hard question for you to work out so maybe an adult can help?

See you soon

Kathy 

Lavender and Lemon Shortbread

INGREDIENTS:

- 100g flour
- 100g cold unsalted butter
- 5g caster sugar
- 1 tbsp. of Lavender
- 2 tbsp lemon juice

Makes 6 cookies

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C
2. Mix together the flour and sugar in a bowl, cut the butter into small pieces, rub into the flour and sugar until it forms dough.
3. Add the lavender and lemon juice and knead into a ball.
4. Roll out with a rolling pin to a cm thick.
5. Cut with cookie cutters and placed on a lightly greased baking tray.
6. Bake for 9-12 minutes, until they are starting to turn but not yet golden. Remove from oven and cool on a wire rack for 2 minutes.

Always remember to supervise children during cooking activities



Pea Ham and Cheese Muffins

INGREDIENTS:

- 30g frozen peas
- 100g plain flour
- 1 teaspoon of baking powder
- 1 teaspoon fresh chives
- ½ egg beaten
- 30g Boursin cheese
- 70ml full fat milk
- 15g cooked ham diced or vegetarian ham
- 25g grated cheddar cheese
- Makes 4 muffins

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C
2. Bring a pan of water to the boil and blanch the peas for 2 minutes. Drain under cool running water.
3. Chop the chives with scissors in a jug. Sift the flour and baking powder into a bowl and add the chives.
4. In a separate bowl and lightly beat the egg with the Boursin cheese. Then add the milk and whisk again, using a wooden spoon stir in the peas and ham.
5. Pour the wet ingredients into the dry ingredients and mix quickly and lightly. Spoon the mixture into the 4 muffin cases. Sprinkle with the grated cheese
6. Bake for 20 mins. Remove from oven and cool on a wire rack.

Always remember to supervise children during cooking activities

