



Dear Parents and Carers,

As we look forward to the coming second half of the summer term we will be continuing to assess the children in their learning to ensure we are able to identify 'gaps' in children's learning as a result of lockdown and plan lessons accordingly. We will be looking carefully at transition to the next year group and working as a team to support the children in our school's recovery curriculum in what has been a very disrupted and difficult year for us all. School leaders have spent time planning the next 18 months to support our children in their learning both academically socially and in developing their 'skills for learning' such as independence and resilience. During the later half of next half term we will be sending you your child's summer term report and giving you an opportunity to discuss this with the class teacher.

We hope you enjoy the half term and have our fingers crossed for some sunshine!

Best wishes

Lorna Kimberley

NON-PUPIL DAY 7TH JUNE- NO SCHOOL

ART COMPETITION SUCCESS

Congratulations to our school and individual winners who took part in the inter-school Tarka art competition:

First Prize for their Year Groups: Year One and Year 4

Special mentions to: Reception, Year One

Individual winners:

Finn F- Year 4

Special mentions to:

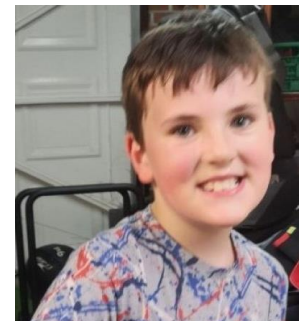
Ruby E- Reception

Misla M- Year 3

Bobby B- Year 4

FUNDRAISING CHAMPION

A huge well done to Leo in Mrs Dorrell's class who has raised a staggering £1700 for children's hospice South West by running the equivalent of a marathon! He was thrilled to receive a letter of congratulations from the House of Commons today!



A huge thank you to the children who sent in recipes for our 'Pinch of Frem' cookbook- we didn't have quite enough to make a book so we've published them here....thank you to our PTFA for organising this

Test and Trace- if you or a family member test positive for covid in the holidays please let us know by emailing covidnotifications@fremingtonprimary.org

Louie's Pasta Tray bake



Tuna PASTA BAKE

🕒 10 MINS | 🍳 20 MINS | 🔥 313 KCAL PER SERVING

This pasta bake marries the most majestic of flavour combinations: tuna and cheese! Imagine a warming, cheesy tuna melt sandwich and translate that to a hearty pasta dish, then you'll begin to understand why this is such a popular recipe. Filling and tasty, packed full of spinach, this bake uses cheese sparingly but packs more flavour in with some clever seasoning.

Weekly Indulgence

SERVES 6

Preheat the oven to 190°C (fan 170°C/gas mark 5).

300g dried pasta (whatever shape you prefer)
 low-calorie cooking spray
 2 courgettes, cut into 1cm (1/2 in) dice
 5 spring onions, trimmed and sliced
 1/4 tsp smoked sweet paprika
 1/4 tsp garlic granules
 400ml vegetable or chicken stock (2 vegetable or chicken stock cubes dissolved in 400ml boiling water)
 100g frozen peas
 100g spinach
 juice of 1/2 lemon
 150g low-fat cream cheese
 2 x 160g tins tuna, drained
 40g reduced-fat Cheddar, grated

Place a large pan of water onto the hob to boil for the pasta. Cook the pasta in the boiling water according to the packet instructions.

While the pasta is cooking, spray a large frying pan with low-calorie cooking spray and place over a medium heat. Add the courgettes and spring onions and sauté for 5 minutes, then stir in the paprika and garlic granules, and add the stock, frozen peas, spinach and lemon juice. Cook for 2–3 minutes until the spinach has wilted, then stir in the cream cheese.

Break up the tuna into flakes in a bowl.

Drain the pasta and add it to the pan of vegetables along with the tuna flakes. Stir together so that everything is well coated. Place in a large ovenproof dish, sprinkle the grated cheese on top, place on a baking tray and cook in the oven for 15 minutes.

Remove from the oven and serve.

recipe: chocolate brownies ★★

from: Oscar

ingredients:

200g caster sugar	115g plain flour
115g butter, melted	pinch of baking powder
30g cocoa powder	pinch of salt
1/2 TSP vanilla extract	50g choc chips (optional)
2 eggs	150g soft spread (optional)

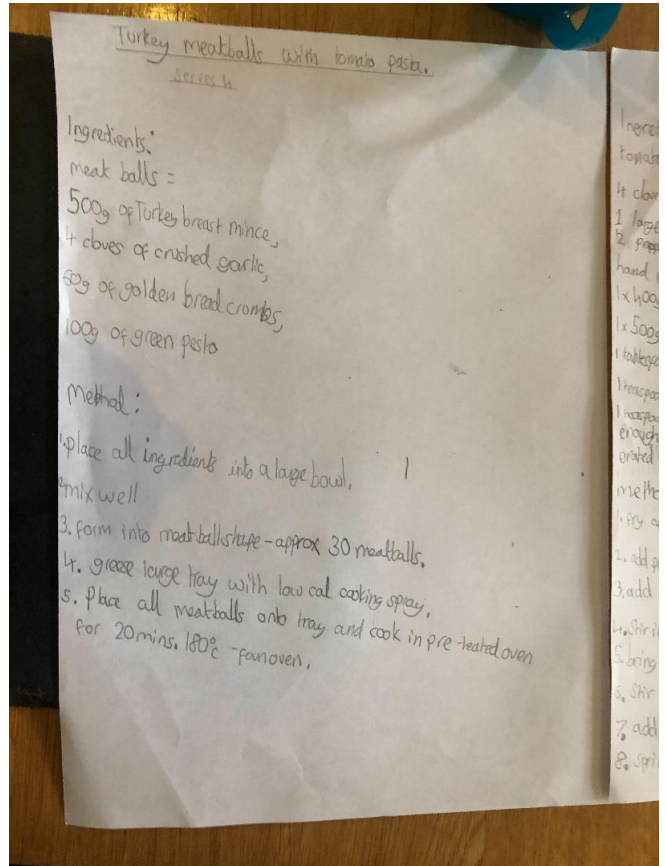
directions:

Heat oven to 180C
 mix the ingredients in the order above
 put mixture in to a greased tin
 Cook for 10-15 mins
 allow to cool in tin before slicing and setting.
 If you want for soft spread (optional) get an extra touch.

Oscar's chocolate brownies



Scarlett's Delicious Meatballs- Year 6



Henry's Cheesy wheels

Ready made puff pastry
Mashed potato
Pinch of mustard powder
Grated cheese
Egg to wash

Roll out your pastry. Mix together the cheese, mashed potato and mustard powder. Beat your egg and place into a bowl. Put the mixture on top of the pastry in an even layer. Brush some of the beaten egg onto the join to seal it. Roll it up like a Swiss Roll and slice it. Place the slices onto grease proof paper on a baking tray and brush on some beaten egg. Place into the oven and bake for approximately 30 minutes.

Enjoy



Harry's Coffee and Walnut Cake

Ingredients:

Sponge

- 225g Unsalted Butter
- 225g Caster Sugar
- 4 large Eggs
- 2 heaped tsp coffee granules dissolved in 50ml water
- 225g Self raising flour
- 75g walnuts chopped

Filling

- 125g unsalted butter
- 225g icing sugar
- 3 tsp coffee granules dissolved in 1 tsp of water
- walnuts to decorate on top



Method:

- Preheat the oven to 180C/350F/Gas 4. Place the butter into a large mixing bowl and beat until light and smooth. Add the sugar and cream together until light and fluffy.
- One at a time add each egg making sure to beat well to completely incorporate each egg before adding the next egg. If the mixture looks like it's about to curdle add 1 spoonful of the flour. Then add the dissolved coffee to the mixture and mix well.
- Add the flour and chopped walnuts and gently fold in until fully combined.
- Divide the mixture into two 20cm/8 cake tins which should be greased / lined with parchment paper. Transfer to the oven to bake 25-30 minutes, or until a skewer inserted into the centre of the cake comes out clean and the cake is golden-brown. Remove the cakes from the oven and leave to cool on a wire rack.
- Whilst the cakes are cooling make the butter icing. Firstly beat the butter in a small bowl until pale and smooth then gradually beat in the icing sugar. Next add the espresso and mix well.
- Split the butter icing mix in half and spread one half on to the flat side of one sponge. Then place the second sponge on top. Finally add the remaining butter icing to the top sponge and evenly spread out. Once the icing is on the walnuts around the top of the cake as you'd like.



Harry and Jamie's Duffins - Doughnut muffins

Ingredients:

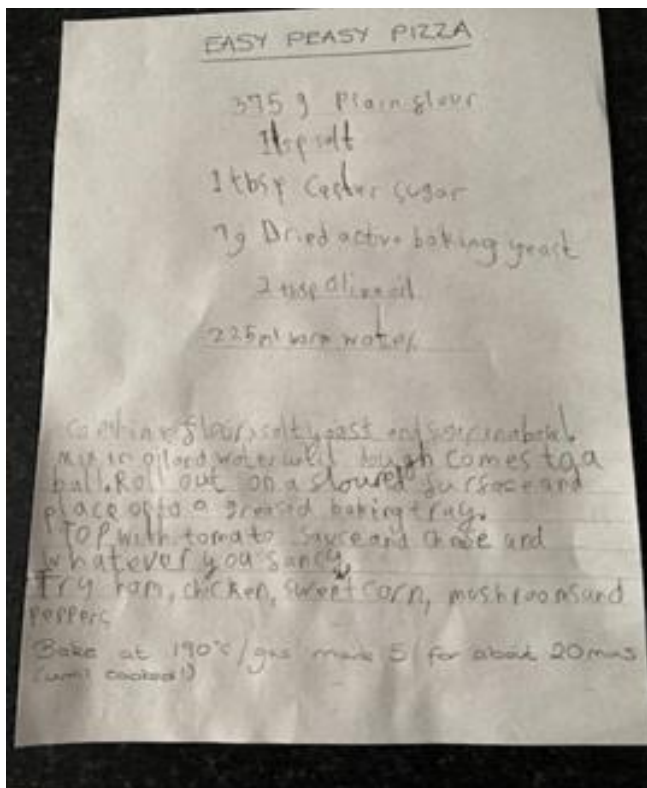
- 180ml milk
- 125ml veg oil
- 2 eggs
- Splash of vanilla
- 300g self raising flour
- 150g caster sugar
- 12 tsp of filling: e.g. Jam, Nutella, biscoff spread, lemon curd, peanut butter etc.

Method:

- Line a 12 hole muffin tin with cases.
- Preheat oven to 190°C.
- Whisk oil, eggs, milk and vanilla together with a fork.
- Mix in flour and sugar into wet ingredients until well combined.
- Add half the mixture to the cases.
- Add a teaspoon of filling into the cases then top with the rest of mixture.
- Bake for around 25 minutes until springy and spongy.
- Brush with melted butter and dip in caster sugar.



Ryan's Easy Peasy Pizza



Slow Cooker Chocolate Fudge with Smarties

by Josh M, Year 4

Ingredients

- 1 tin of condensed milk.
- 2 large bars of chocolate.
- 1 packet of Smarties.

Method

- Put the condensed milk in the slow cooker.
- Break up the chocolate and add.
- Put the slow cooker on high for 1 hour, leaving off the lid.
- Stir every 20 mins.
- After 1 hour pour the fudge in a container about 2cm deep.
- Add Smarties.
- Put in fridge for 1-2hrs.
- Cut up and enjoy!!



Josh Year 3-
Healthy Home Squares
An easy and nice way to
use
up old apples and
Bananas

Ingredients

150g light Muscovado sugar
85g butter, softened
2 large eggs
4 medium sized ripe bananas,
mashed
1 apple, grated
250g self-raising flour
½ tsp nutmeg
½ tsp cinnamon
Pinch of salt



Method

Preheat oven to 180C, 160C fan, gas 4
Line a 20cm x 25cm baking tin

Cream together the sugar and butter, then gradually beat in the eggs

Stir in the mashed bananas and apple and sieve in the flour, nutmeg, cinnamon and salt.

Once well mixed, tip into the baking tin and bake for approx. 50 min. If it starts to go too dark on top then cover with foil and keep checking with a knife or skewer (if cooked, it will come out clean).

Once cooked, remove from the oven and place on a wire rack and cool in the tin for 20 – 30 mins.

Remove from the tin and put back on the rack to finish cooling. When completely cooled, dust with icing sugar.

Variations:

Add some walnuts and / or sultanas