



April 2019

N Academy NEWS

Message from the Head

Dear Parents and Carers,

When reading through the content of our newsletter it is clear to see what an amazing community we have. With so many students engaged in a wide range of activities and with so many achievements to celebrate, it is important that we stop and take the time to enjoy those moments.

The potential within our community is evident and there is so much for us to take pride in. It should always be our ambition to give our students every possible opportunity, to try new things, to aim high and to achieve more than they can imagine. There are so many role models within our school, examples of incredible achievements such as have been demonstrated by Olivia Harness and Beth Hall, sporting success that is an example of dedication, hard-work and commitment. Charlotte Ogg has become a National Anti-bullying Ambassador and has joined the Diana Award Youth Board – a fantastic achievement and recognition for her commitment and willingness to make a positive difference. This follows the legacy of the achievements of Lucy Button and many of her peers, laying the footsteps for others to follow.

We have many examples within this issue of the broad range of opportunities available to our students. From ski trips to Italy, to hosting professional footballers talking about foreign languages, we've even brought the moon (well some of it!) to Winterton.

Important Dates

Year 11 Prom - 4th July
Year 7 & 8 Speech Day - 9th July
Year 9 & 10 Speech Day - 10th July
Normanby Park Camp - 24th June
Langdale Trip - 19th July

We are always very quick to recognise our short-falls, it is human nature and yet too often fail to celebrate our successes. This term we have had poetry published and we've attended Young Voices for the first time ever. We've seen great successes on the sports field and some glorious failures too, there is a great deal to celebrate here at Winterton and I am certainly very proud of the efforts and achievements of our outstanding young people.

This week I have been delighted to host Humanutopia to work with our Year 9 and Year 7 students and to commence a programme in training a number of our pupils to become positive role models as 'Heroes'. The Humanutopia programme is a really positive approach designed to empower young people to make positive changes. The aims of the programme are numerous, with a focus on developing confidence and working with a broader range of people and putting our pupils outside of their comfort zone. It is designed to empower our students, to reflect on their values and to support all students to engage in positive relationships, to be optimistic about their future and to take responsibility for building a positive culture in school for all. We worked with Humanutopia last year with our current Year 10's and I know that the feedback was extremely positive, I am certain that our students will again have a positive experience.

Finally, I would like to take this opportunity to wish you a safe and happy Easter and to say thank you for your continued support. We are an improving school and I am certain that by working together, we will achieve our aims more quickly.

Mr K Rowlands



Make
good
use of
Today

Borrow the Moon



Between 1969 and 1972, six manned Apollo missions successfully landed on the Moon, allowing Astronauts to collect samples and bring them back to Earth for study. 382 kilograms of lunar material was returned, most of which was used for scientific research.



Some of these samples have been preserved in acrylic disks for educational use by NASA, and since the mid 1980s the Science and Technology Facilities Council (STFC) has been running a loan scheme to allow thousands of schools, museums and outreach organisations across the UK to access not only these samples, but a range of other meteorites and interesting rocks.

The STFC is the only body that lends out these precious samples to educational and scientific institutions in the UK, and as such provides a unique and exciting opportunity to allow young scientists to engage with a true piece of space history.

We were lucky enough to 'borrow the moon' and our students were able to work with these resources. The loan box specimens include Lunar and Martian meteorites, magna probes, USB microscopes and sets of earth rocks. There were PowerPoint presentations and additional support material making the most of these resources and the activities covered science, geography, mathematics, literacy and drama.



SCUNTHORPE UNITED READING STARS PROGRAMME 2018

Winterton Community Academy are this year taking part in their first **Scunthorpe United Reading Stars programme** with year 7 pupils. The North Lincolnshire Council Strategy Group of '**Words Count**' have once again agreed to invest in this exciting programme which sits at the heart of a number of our strategic priorities aimed to promote literacy. The project builds on our overarching theme launched in 2015, 'reading for pleasure.' It is delivered in partnership with the **National Literacy Trust, Study Parks** and **Scunthorpe United Football Club**.

What the programme consists of...

Each school taking part is invited to select a cohort of around 15 learners to access the programme. Resources provided by the programme includes lesson ideas, activity books, certificates, posters, football themed books, medals and more.

The model proposed is that schools embark on an enhanced programme linking literacy to football. The approved project consists of 5 key strands.

Strand 1: In strand 1 of the project the children will take part in two exciting workshops with children's author, Tom Palmer and performance poet, Ian Bland, at Glanford Park.

Strand 3: In strand 3 the children will be taking part in two football themed literacy lessons during the school day. All the activities are designed to be fun

Strand 5 Finally, children and their families will be invited to attend an 'end of season' celebration which will acknowledge and celebrate the hard work of the targeted learners and the engagement of the schools.



There is **NO** elevator to **SUCCESS**.
You have to take the **STAIRS**.

Prom Fund

Our current year 11s have been busy raising funds to support their prom. So far they have had a very successful cake sale and a non-uniform day which has generated a total of £598.59. They have further events in the pipe line so watch out for announcements.

Sports Update

Another fantastic term of sport at Winterton has come to an end with students and teams being successful in a range of sports.



Cross Country

In January students participated in District Cross-Country at Central Park. Our Year 8 girls and Year 10/11 boys teams were district champions with Year 10/11 girls finishing in third place. Due to the success of these students and other individual runners we were selected to represent North Lincolnshire in the Humberside event. Within this we had five students finishing in the top five across all age groups.

Sam Blackburn and Luci Lamberti were also selected to represent Humberside at the English School Cross-Country in Leeds.

Football

Year 11 boys have finished their time at Winterton as our most successful team narrowly missing out on the semi-finals of the ESFA School Cup competition to North Gosforth 2-3.

Year 8 girls 6-a-side football team are champions and went to Middlesbrough to represent SUFC. At this competition the girls were a credit to the school and finished third overall.

Netball

Year 8 girls are netball district runners up for the second year, again narrowly losing to Frederick Gough in the final.

Rugby

Year 9 boys have had another great season and finished **third** in the district.





For the past 20 years, Young Voices has staged the largest children's choir concerts in the world. Over 2 million children have taken part in a Young Voices concert, inspiring the next generation to find their love for music and creating memories that will last a lifetime.

The music is specially selected to create a diverse musical repertoire all with the intention of introducing children to the widest possible spectrum of music. By providing a diverse range of musical styles children will learn, enjoy, and gain a fuller understanding of music and what it means to sing together. Also helping to connect families through music and to share in the learning experience when children practice at home.

Nothing can prepare you for the sound of thousands of children singing together. With a full 7-piece live band made up of some of the UK's leading musicians, backing singers and the internationally acclaimed conductor David Lawrence – this is one of the most exciting and memorable musical experiences you can imagine.

2019 has been the largest concert tour to date with over 150,000 children taking part!

This year in February I attended Young Voices with the school choir. It was the first time that Winterton Community Academy attended the event and it was an amazing experience.

We practised the lyrics every Tuesday during lunch and at home via the Young Voices website, so naturally when the day arrived I was really excited for a day of singing and dancing! We left school around 10:30 and set off on the coach to Sheffield Arena.

We spent the morning practising the lyrics and dance moves as a massive choir of roughly 5000 children. Then the audience began to arrive and as a choir all wearing matching t-shirts we sang our first song. The night was full of amazing singers including Beau Dermott, who sang a breath-taking version of Defying Gravity from 'Wicked'. The Urban Striders dance crew gave multiple fantastic dance routines.

Then after an unforgettable night it was time to go back home on the coach. We arrived back at school at around 11:00!

I had a great time and would definitely recommend it. It was an amazing and unforgettable experience!

Jemimah Klos Year 8



Golden Apple

Pupils Excelling

The Grimsby Telegraph and Scunthorpe Telegraph hosted this annual event for the fourth year. The ceremony was held at DoubleTree Forest Pines Hotel & Golf Club on Thursday 28th March. This evening of celebration highlights and awards both the winners and runners up in the 12 categories within the field of education.

Olivia Harness, a Year 10 student, was nominated and short listed for an award in the category of 'Outstanding Sporting Achievement'.



Winterton Civic Awards were held on Saturday 16th March. **Charlotte Ogg** was awarded the Don Johnson Youth Award and **Olivia Harness** was presented with the Sporting Achievement Award.

Extremely well done to both girls.



Maths Teaser

The vicar asked the verger, 'How old are your three children?'

The verger replied, 'If you add their ages you get the number on my door. If you multiply their ages together you get 36'

The vicar went away for a while but then came back and said he could not solve the problem.

The verger told the vicar: 'My son is older than any of my other children', and added that the vicar would now be able to solve the problem.

Find the ages of the children.

“Steps to Success” Performance in Education



On Tuesday 12th February “Steps to Success” performed in front of our year 8 students. This highly successful programme raised aspirations and motivated our students to achieve the highest level that they can in education and training regardless of their background. It examined the importance of post 16 options, post 18 options and staying in education until they are 18.

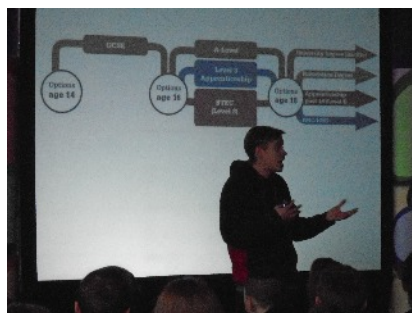
We experienced a live, multi-media programme which was motivational, fun and informative which demonstrated the importance of life-long learning and increased the understanding of options available to our students. This will encourage students to plan for a successful future in Education and Training.

Mrs C Johnson (Career Lead)



I thought the performance was extremely funny and full of important information and advice on career choices as well as what to do when you leave school. The information on planning has made me realise that it isn't long before I leave school so I need to understand the importance of what planning now would do for my future. I now also know the different options available for me when I have to make the choice of what to do at 16 and then the options I have to make when I have to make a decision at 18. This will benefit me in the future.

Erin Taylor Year 8



The production was very funny and the tram included us in almost everything including making decisions to help the characters. It included helpful information that explained our options for the future. I understand the importance of planning and how even if we make a decision we maybe don't want in the future we still have further options in the future. Apprenticeships, BTECs and A levels that lead to university are all options in years to come. Mrs Johnson sorted all of this out for us and it was definitely worth it. These decisions will shape my life and the importance is quite unreal.

Caitlyn Shooter Year 8

Winterton Ski trip to Italy – Courmayeur

On the ski trip, the week is packed with numerous great activities and, even if the journey there is a bit draining, the rest of the week definitely makes up for it! You get to dedicate all week to spending time with your friends, and even making new ones along the way.

The trip consists of six full days skiing, with apres ski each evening and a fairly consistent routine. In the day, the time is spent skiing with your group. At lunchtime, you stop to have dinner on the slopes; exquisite mountains surround the restaurants displaying an extraordinary view. After the days skiing is over, most nights there is the chance to visit all the shops in Courmayeur town. Here, you can find anything you would like from the contents of the supermarket to clothing or even a delicious crepe. It is then time to return back to the Hotel Alpechiara for a meal. This accommodation has been the same every year and is home to lovely staff who have the sole interest in helping and looking after you. After food, it is time for the nights events. Over my three years of taking part in the trip, I have had the opportunity to participate in many après skis, including having discos, going swimming, partaking in karaoke's and my personal favourites the pizza and ice cream nights. Once this has finished, you retire back to the hotel for time to chill with your friends before going to sleep after an exhausting but absolutely awesome day.

A highly recommended trip, which I have been lucky enough to have taken part in over the last 3 years. Next year's trip letters are available from Mr Hodge and Mrs Balderson.

Written by Eleanor Zimmerman (Yr11)





Top 10 Tips For Revision

Exams and tests can be a stressful time for most students, but follow these fantastic stress-free tips for revising.

Study in a quiet place away from the TV and computers etc that is both light and comfortable.

Make a 'revision timetable' and always let your family know when you are revising.

Create summary notes and anything simple that helps your memory – as short notes, drawings and sayings are much easier to remember.

Get help. Ask friends and family to test you. Also attend any teacher revision classes – as teachers will know better than anyone what will be in tests and exams!

Record yourself reading notes and occasionally listen to them instead of reading.

Take a 5 or 10 minute break every hour and do some stretching exercises, go for a short walk or make yourself a drink.

Allow yourself some fun-time each day to relax. and make sure you get a good 8 hours of sleep each night.

Eat well. Good brain foods? Wholegrain foods (cereals, wheat bran, wheatgerm and whole wheat pasta). Blueberries. Blackcurrants. Broccoli. Tomatoes. Oily fish. Nuts.

Don't panic if you feel a bit nervy. A certain amount of nervousness actually helps you perform to the best of your ability, producing a rush of adrenaline that helps you to feel alert and focused.

Think positive and try your best!

Good luck!

**The more that you read,
the more things you will know.
The more that you learn,
the more places you will go.**
— Dr. Seuss



Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of our children might not be getting the critical sleep they need to develop and function properly.

Not having enough sleep is certainly not something we do on purpose. As a matter of fact, we often don't think much of it, and that is the problem. With parents working long hours, schedules packed with school, after-school activities, and other lifestyle factors, naps are missed, bedtimes are pushed back, mornings start earlier and nights may be anything but peaceful. Missing naps or going to bed a little late may not seem like a big deal, but it is. It all adds up, with consequences that may last a lifetime.

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

One more reason to get enough sleep: If you don't, you may not grow as well. Sleep supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children. This hormone also boosts muscle mass and helps repair cells and tissues in children.

Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep-deficient, you may have trouble fighting common infections.

Children who are sleep-deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention and making decisions.

So if you want to succeed you owe it to yourself to make sure you get your full quota of sleep!





Spotlight On Staff



We asked the Head teacher Mr Rowlands six questions regarding himself and the school, these were the responses:

Why did you choose, hard work, respect, positivity to be the core values for Winterton Community Academy?

Mr Rowlands said that there were a number of reasons for these to be our core values. He personally feels that by following these core and indigenous values during education, and beyond, you will become the best possible version of yourself and they are fundamental to succeeding your aspirations. He believes that by embracing these values at school they will serve as tremendous values for life.

What do you feel has been the biggest problem you have had to overcome both during your time at the school and during your career?

From a school prospective Mr Rowlands feels that one of his biggest challenges has been raising the bar throughout the school to new heights! And that changing the mindset of both pupils and staff to the belief that we can be the best versions of ourselves and our community.

Self-Belief and the belief of others has always been a challenge however Mr Rowland's shared from his own experiences that utilising your skills to challenge yourself allows you to become the person you always wanted to be. Although Mr Rowlands never planned to be a headteacher he quickly realised by adapting your skills and following your beliefs you can achieve anything.

What do you think is the biggest problem that is currently facing the school?

Mr Rowlands feels that one of the biggest problems facing the school is establishing the vision that we can be the best and we can hit the standards we all aspire to. He also commented on a problem felt by many in the education system and that is the lack of funding across the board and the limitations this brings; however, he feels that we all can still accomplish great things if we work together to ensure excellence.

What's the most influential change you've implemented since you became head teacher?

Mr Rowlands said that he doesn't feel like one big change has defined his time thus far at the school but a variety of small but important changes has allowed the school's culture to develop. He also commented that extraordinary and exciting things are to come to enrich the schools culture and experience.

Where would you like to see the school in the future?

Academic success for all is one of Mr Rowlands ultimate outcomes of the school. The ability to offer all students a broad, happy and enriching experience at Winterton is something Mr Rowlands and staff all share. Mr Rowlands also believes that developing ambition and direction will help students throughout their life and so is one of his key goals.

And Finally what piece of advice would you give the year 11's for their future?

Aim high! One piece of advice Mr Rowlands feels is fundamental to being the best version of one's self.

Ollie Thompson Year 11



RED NOSE DAY

Every other year, the BBC's biggest stars come together in aid of Comic Relief. The charity initiative, in response to famine in Ethiopia, was set up by Lenny Henry and Richard Curtis, and raises vast amounts of money for important causes and ropes in a star-studded line-up to entertain viewers and encourage them to donate.

On 8 February 1988, Lenny Henry went to Ethiopia and celebrated the very first Red Nose Day Telethon.

Comic Relief spends the money raised by Red Nose Day to help people living tough lives across the UK and internationally.

This year we joined in with the fund raising antics with all the students and staff wearing red and we held a dance-a-thon in the sports hall over lunch and a sweepstake for the staff.

We raised a grand total of **£275** for comic relief. Well done!!



So I had a brainwave or maybe it was a moment of madness whilst watching Claudia and Tess dancing for Comic Relief...

I'm going to dance for ten, **yes ten** (!!!!) hours at Winterton Community Academy to raise funds for school on Friday 3rd May 10am - 8pm.

As the chair of Governors I know how school always need extra funds and the money I raise will go towards this year's prom and to rejuvenate our school library. All donations gratefully received and most importantly you can come and dance with me!

I'm relying on all you lovely, lovely staff to pop along to the hall at break time, lunchtime, during any free period you may have and if you can, after school too (I will need a few extremely kind volunteers to stay after school to help out - I can reward you with cake and chocolate!!) to spur me on, join in, offer encouragement and generally shake your stuff!

Mrs Amanda Walker

Please donate via 'Just Giving' page ...

www.justgiving.com/crowdfunding/wca-awalker-739?Utm-id=125



Charlotte Ogg National Anti-bullying Ambassador



A massive well done to Charlotte Ogg who has been chosen to join the Diana Award Youth Board. Charlotte is the first pupil from Winterton Community Academy to be a part of this and has been chosen from 100's of pupils from across the country. Charlotte is one of only eight young people to be selected as national ambassadors to help others.

The Diana Award organisation aims to develop and inspire a positive change in the future of young people.

"I really didn't expect it, as it was against people from all across the country."

"I was bullied myself at primary school and when they introduced anti-bullying ambassadors, I signed up to be one to help other people. I did quite a lot of work for it and was given the Diana Award a few years ago.

"While I'm on the board, I want to spread the anti-bullying message as much as possible. I'm involved in the 'We Rise Above' project, which promotes positive behaviour online and shows how much cyber-bullying can hurt. Even though it's online, words can really have an impact."

"The Diana Awards do amazing work and to be selected to be part of the National Youth Board for 2019 is a brilliant achievement. We are so proud of her and know she will make the most of this fantastic achievement." said Charlotte's parents.

Julie Davey, an inclusion mentor at the school, said: "At Winterton Community Academy, we are so proud of the passionate young lady Charlotte has become with her work in school and in the local community".

"When Charlotte came in Year 7, she became a peer mediator, helping with transition from junior schools. She has then gone on to work with Eskimo Soup, campaigning to protect pupils from grooming and sexual exploitation online."

The Diana Award organisation was set up as a living legacy to Princess Diana's belief that young people have the power to change the world for the better.

As well as the award itself, the organisation also runs mentoring and anti-bullying programmes.

We are all very proud of Charlotte's achievement and look forward to working alongside her in the coming year.



Scunthorpe United visit Modern Foreign Languages

In February this year we were fortunate to welcome two players - **Funso Ojo** and **Kevin van Veen** - from Scunthorpe United at school to share their experiences in learning several foreign languages and what impact the ability of speaking different languages has had on their professional lives.

Students from year 8 enjoyed the visit and had the opportunity to ask the players cultural and language-related questions. Funso Ojo, who is from Belgium, gave insight about growing up in a country, where three languages are spoken, and Kevin van Veen, shared his experiences about learning English after arriving at Scunthorpe United without knowing much at all. Football is a great way of engaging students and year 8 took inspiration from the linguistic and sporting role models. Our students made a valuable contribution to the discussion about the importance of learning foreign languages.



Funso Ojo is originally from Belgium. He moved to England to further his football career. As we interviewed him we found that he could speak several languages including English, Dutch, French and Spanish.

Kevin van Veen is originally from the Netherlands. He is Scunthorpe United's main striker and he moved to England when he was a teenager. He showed us the different ways he uses his language skills in everyday life – to FaceTime with his family, when he is on holiday, communicating with foreign team-mates and talking to Staff and coaches.

They told us that foreign languages are an important skill in life and they could help you with many unexpected situations.



Sophie Chapman & Lizzy Knowles



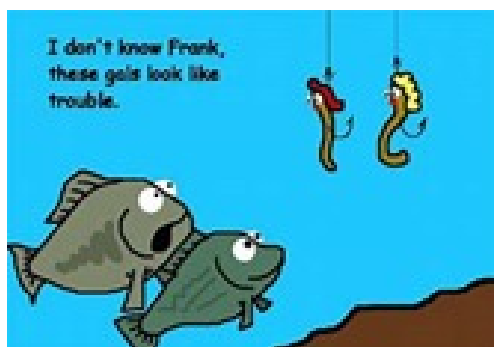
GONE PHISHING

Phishing is the fraudulent attempt to obtain sensitive information such as usernames, passwords and credit card details by disguising as a trustworthy entity in an electronic communication. Typically carried out by email spoofing or instant messaging, it often directs users to enter personal information at a fake website, the look and feel of which are identical to the legitimate site.

Can you spot when you're being phished?

Identifying phishing can be harder than you think. Phishing is an attempt to trick you into giving up your personal information by pretending to be someone you know. Can you tell what's fake?

<https://phishingquiz.withgoogle.com/>



Honey is the only food that includes all the substances necessary to sustain life, including enzymes, minerals, water and vitamins.

The Extra Weight Of Obesity Costs Airlines \$275 Million Per Year.

Pineapple is not a single fruit, but a group of berries that have fused together.

The Facebook Like button was originally planned to be named the Awesome button.

There are more lifeforms living on your skin than there are people in the world.

Leonardo da Vinci could write with one hand and draw with the other at the same time.

Two-thirds of the people on earth have never seen snow.

Lions Club Young Leaders in Service Awards

The Lions Young Leaders Award is a national scheme which is part of the Lions Club's 'Opportunities for Youth' initiative, whereby young people are recognised for their contribution to the community. There are three award levels: The **Bronze Award** for Young people who provide at least **25 hours** of service to their community during a 12-month period; The **Silver Award** for **50 hours**; and, the **Gold Award** is for those students who provide at least **100 hours**. Young People between the ages of 11 and 18 are eligible to participate in the Young Leaders in Service Award where they are provided with a 'log book' in which to record their service activities. These need to be 'signed off' by a responsible adult, who can be a teacher, youth leader, parent or someone similarly responsible. This year we have 24 Year 11 pupils who have received one of the above awards with one Student recording over 300 hrs. At Winterton Community Academy we are delighted with the efforts and significant levels of service these pupils have provided to their community. They are all excellent role models who show the best that young people have to offer.



From December 2017-18, I took part in the Lions Young Leaders Award which was set up in partnership with the Winterton Lions and Winterton Community Academy and allows young people to help their local communities. I successfully completed 302 hrs of service and received a Gold Award. But what exactly did I do?

I helped to teach the older generation in our community how to use technology, taught dance classes at different studios with my dance teacher, took part in photo shoots and film voice overs helping to prevent sexual exploitation, as well as helping out at parent's evenings and other events. Also I am very proud to have helped the Lions Group line the Humber Bridge with cans for local charities as well as experiencing WE Day at Wembley Arena in London supporting Mental Health and Anti Bullying.

Ellie Young, Year 11

Easter Concert

On Monday 1st April the school held its annual Easter Concert which has taken place for many years and has always impressed - this time was no different. Students have been rehearsing for many weeks, spending their lunchtimes getting their performances to the best they can be. Students and teachers worked together to create another extraordinary concert to remember.

Once again our soloists performed to new heights. Two performers Jess Fuller and Luke Cowling joined us once again to perform their amazing solos – Jess on the piano playing 'Sarah' and Luke on the drums performing his original composition 'Spring Shuffle'. Lexi Darnell played a marvellous piano piece she had composed for her GCSE 'Endless Column'. William Brown's duet with his grandma, 'Say it with a Song', brought tears to the eyes. Alongside this his GCSE composition 'From England with Love', was played for everyone to hear.

Simone Sullivan performed her flute duet 'Kiss the Rain' to a high standard with her tutor Mr Fawcett and Kyle Craig performed two pieces with his guitar teacher Me Le Voguer – 'In a Minor Mode' and 'Jasmine Flower'. Jack Lawrence sang an angelic cover of 'Pulled' from the Addams Family. Heather Heathcote played the beautiful piano piece 'Sunrise on the Matterhorn'. Gabby Salvatore played an outstanding grade 5 flute piece 'Vivace' and Charlotte Walker gave us a fabulous grade 4 piece 'Waltz'.



The orchestra and string band delighted us with both well-known pieces and new arrangements while both the senior and junior choirs delighted the audience who joined them in singing 'This is Me' for the finale.

Practice
HAPPY
thinking
every day.

A surprise performance from "Heads Down – Thumbs Up" made up from English set 1 boys singing 'Country Roads' brought the house down - as did their dramatic exit!

The concert wouldn't have been possible without Mrs Watson's tireless commitment and the continued dedication from the Music Support Service. Also thanks go to ex-pupils who came back to perform once again. A big well done to all students and staff who performed on the night.

As year 11s this was our last concert and we would like to thank Mrs Watson for her unwavering support over the past five years. We have enjoyed our time with her. **THANK YOU.**

Year 11 GCSE Music Group



HOT CROSS BUNS

Ingredients

For the buns
300ml full-fat milk, plus 2 tbsp more
50g butter
500g strong bread flour
1 tsp salt
75g caster sugar
1 tbsp sunflower oil
7g sachet fast-action or easy-blend yeast
1 egg, beaten
75g sultanas
50g mixed peel
zest 1 orange

1 apple, peeled, cored and finely chopped
1 tsp ground cinnamon

For the cross
75g plain flour, plus extra for dusting

For the glaze
3 tbsp apricot jam



Method

Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter. Leave to cool until it reaches hand temperature. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.

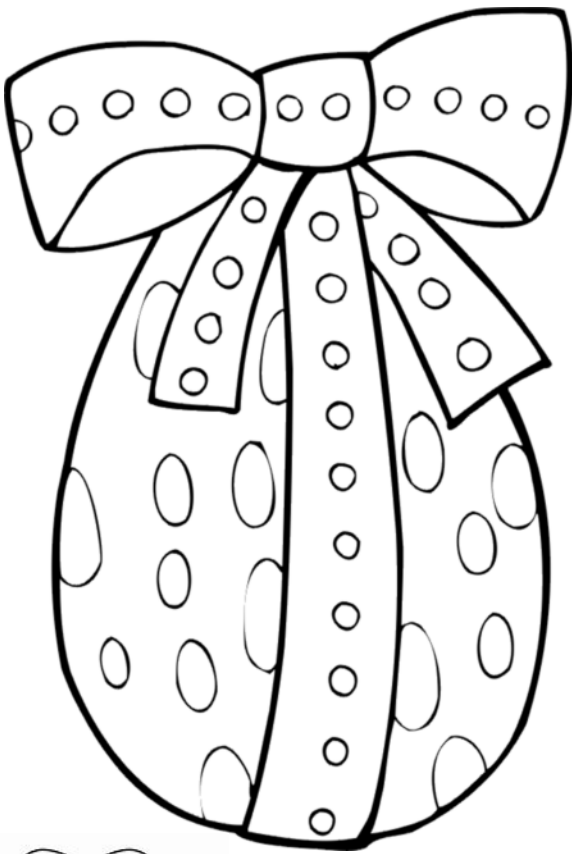
Tip on to a lightly floured surface and knead by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for 5 mins until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size and a finger pressed into it leaves a dent.

With the dough still in the bowl, tip in 75g sultanas, 50g mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for 1 hr more, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust.

Divide the dough into 15 even pieces (about 75g per piece). Roll each piece into a smooth ball on a lightly floured work surface. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film, or a clean tea towel, then set aside to prove for 1 hr more.

Heat oven to 220C/200C fan/gas 7. Mix 75g plain flour with about 5 tbsp water to make the paste for the cross – add the water 1 tbsp at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown.

Gently heat 3 tbsp apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool.





HAPPY EASTER



The Passion Play

A Passion Play dramatises the events of the last week of Jesus' life, depicting the events that led up to his crucifixion. Many Passion Plays today also include a dramatic portrayal of Jesus' life, including his teachings and miracles, and his resurrection to show the context in which his death took place.

Passion Plays use theatre to bring the words of the Gospel to life in new, often vivid and startling ways. They show how the message of second chances, forgiveness and new opportunities has the potential to speak life and hope into communities struggling with poverty, crime, addiction or hopelessness and boredom.

A Passion Play is a dramatic portrayal of what has been called the greatest story ever told. It is the real story of Easter and it has all the elements of stories that are compelling and confronting: treachery, betrayal, injustice, sacrifice, redemption and a startling ending. As Passion Plays dramatize the story of Easter, they allow it to speak again to new audiences in new contexts.

The longest running currently-performed Passion play is the Oberammergau Passion Play which has been performed since 1634 by the inhabitants of the village of Oberammergau in Bavaria, Germany.



The smell in the air after it rains is caused by bacteria called actinomycetes.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Rubbing a banana peel on mosquito bites can help stop the itching.

You don't sneeze when you are asleep because the nerves involved in the sneeze reflex are also resting.

To have your photo taken with the first ever camera, you would have to sit still for 8 hours.

Scientists claim that the higher your I.Q., the more you dream in your sleep.

The colour orange was named after the fruit and not the other way around.

Handshakes were originally meant to make sure that the person you were meeting wasn't carrying a concealed weapon. The hand clasp proved that your hand was empty and shaking was meant to dislodge any weapons hiding up the sleeve.

Answer - Maths Teaser . There are also only so many combinations of the factors. As two sets of combinations add up to 13 that must be the number on the door so the children are either 1,6 or 2,2,9. As the son is older than the other children the answer must be 2,2,9.



As a member of both the European Federation of Food Banks and The Global FoodBanking Network, FareShare are part of a global movement working to alleviate hunger by capturing surplus food and delivering it to the people who need it.

The Academy has joined with Tesco to help distribute surplus food to those who need it most.

Please telephone the Academy on a Wednesday morning to ask if we have any surplus for distribution. All items are free for collection and on a 'First-come-First-Served' basis

