

much more than just a school

# Park Post

much more than just a school

newsletter

Issue 19

October 2018

## Park Community School wins 'Community Impact Award'

Park Community School is delighted to announce that it has been awarded Hampshire County Council's 'Community Impact Award for 2018' for its innovative MUNCH project. At an award ceremony in Winchester, Deputy Community Manager, Florence Fearon, and Site Manager, Mark Bird, collected the award on behalf of the school

The MUNCH project aims to reduce food poverty among local children, young people and the families in Leigh Park. MUNCH runs every day throughout the school holidays, Thursday tea times and the last Sunday of the month. The development of MUNCH was made possible through the generosity of local and national supporters, one of which is Postcode Publications.

For more details about MUNCH please contact us or visit our website.



# Park Post

## MFL - International School Award

Park Community School has been working in partnership with the British Council since 2013 and once again we have been accredited with the International School Award for a further three years. The feedback on the school's submission for the award was extremely positive, with the British Council saying that Park Community School clearly demonstrated its commitment to enriching students' education and encouraging them to become world citizens through its international partnerships with schools and trips abroad.

Through a variety of engaging and interesting activities, such as comparing the Mexican 'Day of the Dead' with Halloween' in the UK, students were able to compare cultural similarities and differences throughout the world.



## A message from Hampshire County Council

Children and young people don't always find growing up easy and this can lead to difficult behaviours or conflict within a family which, in the extreme, can lead to Children's Services intervention and, potentially, children coming in to care.

Hampshire County Council wants to do more to support families and avoid situations that lead to Children's Services having to become more involved. This is where you could come in.

We are looking for more people to join our countywide network of volunteers. By getting involved you are telling a child, young people and their families that they are not alone and that they have someone who wants to help them.

We are looking for volunteers to mentor young people and volunteers who can support parents with parenting skills. Volunteers can give as little as an hour or two per week, or more if you have capacity. All volunteers will be given full training and helped to gain experience which could help to obtain new skills, keep active, change careers or enhance an individual's curriculum vitae.

For more information please email your name and contact details to [innovation.volunteers@hants.gov.uk](mailto:innovation.volunteers@hants.gov.uk).

Or visit [www.hants.gov.uk](http://www.hants.gov.uk) to read more about available volunteering opportunities.

## Park Community School named EDUcatering Secondary School Catering Team of the Year 2018

On Tuesday 9th October 2018 Park Community School was named Secondary School Catering Team of the Year at the Educatering Awards held at the Royal Garden Hotel in Kensington, London.

Every year the The EDUcatering Awards recognise those outstanding individuals who have excelled within the school meals sector – the 'stars' of our industry.

Park Community School are proud to be 'Much More Than Just a School' and their catering team encompass this through providing affordable, quality food throughout the year including Christmas Day. Catering from nursery through to retirement, their passion shines through in providing free meals for their community through the MUNCH programme in the school holidays.



The school are very proud of the achievements of the catering team which also include:

- LACA Secondary School Catering Team of the Year 2018.
- Soil Association Food for Life – Gold Award (one of three secondary schools in England to achieve this)
- Eat Out, Eat Well – Gold Award (Hampshire County Council)
- Fair Trade Awards – accredited Active and Aware school
- Reached the finals of Essential Cuisines - Britain's Best Brigade 2017 and came second

Headteacher, Christopher Anders said;

"From the moment we decided to employ our own catering team the school has never looked back. We provide affordable, good quality nutritious food for our students, staff, visitors and members of our community. We are delighted to receive this award that recognises the hard work of our catering team over the last four years".





# Park Post

## Reading News! Accelerated Reader

Year 7 and 8 students celebrated a fantastic start to the reading year in recent assemblies. There was even further cause for celebration as, for the first time in three years, Park has a millionaire reader - Jenni, in Year 8, has read a phenomenal 1,000,000 words! The next question is - can she do the double to become a double millionaire?

The 'Race to the Tower' word competition has been launched to see if the Year 7 and 8 students can beat the number of words read by the previous year groups. Students can watch their progress on the board in the library. With Jenni's million words, Year 8 students are already closing in on those read by last year's group.

## Bookbuzz Challenge

The Bookbuzz challenge will start after half term with each Year 7 mentor group seeing how many of the reading challenges they can complete before the last week of term. Can you write a book review, recommend a book, design a front cover or write a blurb? These are just some of the tasks that will challenge our Year 7s. There will be prizes for the best mentor group.



## Book Medicine

1 in 10  
young people  
experience  
mental health  
issues.

Reading for pleasure has been linked to a reduction in the symptoms of depression and people who read books regularly are on average more satisfied with life, happier, and more likely to feel that the things they do in life are worthwhile.

Reading about other people's experiences and feelings can sometimes help you understand your own. Try some mood boosting fiction such as *The Curious Incident of the Dog in the Night Time* and *The Perks of being a Wallflower*.


**Book Medicine available in our library now.**

**Just ask Ms.Hucklebridge**

We also have lots of Non-Fiction books about all sorts of problems that affect teenagers. Issues such as:

- Anxiety worry and panic
- Autism and Asperger's Syndrome
- Body Image and eating disorders
- Bullying
- Confidence and self esteem
- Depression
- Mood Swings
- OCD
- Self-Harm
- Stress




**Accelerated™  
Reader**

Mentor group most quizzes passed – 8CMC

Star reader Jenni Savage  
1<sup>st</sup> person in year 8 to pass 5 quizzes  
5 X 100% award  
10 X 100% award

Millionaire award Jenni Savage  
1,029,799 words read

Race to the tower challenge



Last year the Year 8s read  
10,158,963  
words in AR can you beat them?  
Follow your progress in the library.  
Total so far 1,294,461

**Accelerated™  
Reader**

AR Rewards

Star Reader - Harley White  
First year 7 student to pass 5 quizzes with  
100%  
5 X 100 % passes

7JSh/DGr 24 quizzes passed, 12 x 100%

Race to the tower challenge.



Last year the 7's read 3,386,894  
words during AR can you read  
more? Follow your progress in  
the library.  
Total words so far 274,974

## Operating Theatre Live - Horndean Technology College

Twelve of our Triple Science students were lucky enough to take part in a mock operating theatre, held at Horndean Technology College. It was run by the Federation of Schools and was a fully funded event. The day started with them being treated like junior doctors and getting gowned up and ready. They were then asked to prepare a patient for surgery, including making up the appropriate concentration anaesthetic.

The rest of the day wasn't for the faint hearted. It included dissections that they would not normally get to experience. Being hands on allowed the students to see the structures for themselves and observe how they were so well adapted for their function in mammals. This did include a very rare chance to see the full digestive tract of a mammal. Due to the pathogenic nature of the organs, a special license is required. Few took the opportunity to get a real close-up here, but I certainly couldn't blame those that opted to observe from a distance! It was a fantastic opportunity for our Year 10s to be involved in and an insight into a very exciting and



ever developing field of work.

Enjoy the pictures of our medics in the making!

## Mighty Zulu Workshop

At the beginning of term, the Performing Arts department hosted an African Dance and Music workshop provided by Mighty Zulu Nation in our school theatre. Seventy Year 9 students took part in the event which included traditional African dancing, singing and music. Some students, as well as Mr Chapman, were invited onto stage to join in with the performance!

After the show students participated in a workshop where they learnt traditional African dances as well as a little native language from the Zulu Tribe. Overall it was a very enjoyable and unusual experience!





# Park Post

## International Kit Car final at Rockingham Speedway

Park Community School's Greenpower Team raced three times this season to get to the International Kit Car final at Rockingham Speedway. This was a prestigious race to wrap up the season, in which the top 50 Greenpower cars from this country and others, got to compete. 'Keep Up' our fastest car qualified for this race at the season opener race at Goodwood. 'Team Spirit 2' qualified at Ford Dunton. 'Chase' our third car had been struggling with faults all season, but finally managed to qualify for the final in 48th place at Dunsfold. At the start of the racing season, we took a considered risk with 'Keep Up' by putting the gear ratio very high, but it paid off as 'Keep Up' won four trophies on the way to the final, including two first place kitcars!

On the day of the final at the Rockingham speedway circuit, the back straight went uphill and into the wind meaning that the gear ratio on 'Keep Up' was just too high. Sadly, the car's batteries died early after an amazing start, and ultimately it finished 17th place of 50.

'Team Spirit 2', our most reliable car that we never change as it always just keeps plodding along, gradually made progress through the race to finish 9th overall. It was a blow to the team when it was later disqualified due to a technicality, but the team members were not disheartened for long, as they all agreed they have had an amazing season producing the best distances ever!

The biggest success of the day was 'Chase' - the car that qualified at the last moment. When everyone was slowing, it just kept going, with the last 'Chase' driver making up 18 places to finish 13th overall! It was an amazing event. 'Keep Up's' performance leaves us in 6th place nationally out of 165 cars. We will be working to improve all our cars for the next season. All we can say is ... bring on 2019!





Science Subject Expert delivering training to trainee Science teachers

# Are you a graduate? Interested in teaching? Teachers change lives every day

If you want to make a difference and enjoy a rewarding, challenging career with flexibility, variety and job security, find out more about primary and secondary training with The Solent SCITT and The Solent Teaching School Alliance

If you would like more information about teaching and how to apply through UCAS, contact Phil Seery at [info@thesolentscitt.co.uk](mailto:info@thesolentscitt.co.uk)

Tel: 02392 489 819  
[www.thesolentscitt.co.uk](http://www.thesolentscitt.co.uk)



The Solent  
**ScITT**  
School Centred Initial Teacher Training





# Park Post

## Family Affairs

Reward points so far for academic attainment and effort:

**Austen: 10,832/Dickens: 8856/Brunel: 9282/Nelson: 11,408**

### Saturday Club

Park Community School is running a Saturday Club, to provide Park students with

access to alternative pastimes, hobbies and pursuits. It is hoped that future club meets will include activities such as pony trekking, kayaking and kite surfing, as well as assault courses, outdoor laser quest and orienteering, to name a few! Watch this space.



The Saturday club's first outing is on 10th November. Students will have the opportunity to have a one hour archery session and a one hour team challenge in the historic Fort Purbrook.

The trip will cost £8.00 per student and spaces can be booked on a first come first served basis at Main Reception.

### Girls Network 2018-19

We are now up and running with 20 students from Park paired up with a business mentor to support them with their studies and getting to college or gaining employment.



They will meet with their mentor on a monthly basis at Park and will I am sure have a an inspiring journey over the next year!

### Jeans for Genes Day - 2018



Students were invited to wear their jeans to school to raise awareness and show support for those affected by genetic disorders. As always staff and students all pulled together for another worthy cause.

### Sports Ambassadors

This term our Sports Ambassadors have been delivering gymnastics to the Year 5 classes. We have

been doing Modern Educational Gymnastics, a fully inclusive form of the sport. The Year 5 students have really enjoyed the sessions and Park students have been inspiring and enthusiastic as always in their delivery!



Well done to all Sports Ambassadors, with a special mention to Jack, Adam, Alfie, Peter, Dylan and Sophie ... a credit to the school!



# Park in the Dark

Spooky Halloween  
Spectacular



Thursday 25th & Friday 26th October  
From 6pm Onwards

Adults £4.00, Children £2.50

**TICKETS AVAILABLE IN ADVANCE ONLY**

**RESERVE YOUR START TIME**

**023 9248 9800**

**Park Community School**

**Middle Park Way, Havant. PO9 4BU**



# MUNCH

## OCTOBER HALF TERM 2018

**Monday 22nd October - Friday 26th October**

**12.00pm - 1.00pm**

Our Holiday MUNCH provision continues to provide a free two course meal for children attending ANY school who are facing food poverty.

*Mums, Dads, Grandparents and siblings are all welcome.*

*If you can donate towards meals it is appreciated to enable us to keep MUNCH running.*

### **MUNCH Thursday Dinner and Sunday Lunch**

Join us for dinner on Thursdays  
**5.30pm - 6.30pm**

Join us for a traditional two course Sunday lunch on the last Sunday of the month  
**12.00pm - 1.00pm**

**In the Dickinson Centre**

**MUNCH**  
**COMMUNITY FRIDGE**

Anyone needing food come and help yourself. Anyone wishing to donate please do.

We are also the collection point for the P09 Food Bank.

*Thank you to all our funders and distributors of food, staff and volunteers who make MUNCH happen*



Park Community School,  
Home of MUNCH,  
Middle Park Way, Havant, PO9 4BU  
02392 489811



# Park Community School

**OCTOBER HALF TERM 2018**

**FREE ACTIVITIES**

**12.30pm to 2.30pm**

**Monday**

**Inflatable Fun for ages 6-11**

**Tuesday**

**Artscape**

**Wednesday**

**South Coast Football for ages 4+**

**Thursday**

**Facepainting**

**Friday**

**Artscape**

**Book your place today**

**02392 489811 - [bookings@pcs.hants.sch.uk](mailto:bookings@pcs.hants.sch.uk)**



Park Community School  
Middle Park Way  
PO9 4BU  
023 9248 9811  
[bookings@pcs.hants.sch.uk](mailto:bookings@pcs.hants.sch.uk)



Designed and Printed by Park Design and Print  
Established to give young people real life work experience  
023 9248 9840 [pdp@pcs.hants.sch.uk](mailto:pdp@pcs.hants.sch.uk)



# Park Post

## Park Sports Year 8 Swimming

This half term Year 8 have had swimming lessons at Havant Leisure Centre with Park member of staff and former Olympian, Katy Sexton. A group going out on a Monday and on a Tuesday meant they could achieve some good quality swimming.

The advanced group covered all strokes and learnt to dive safely, as well as managing a challenge to swim non stop for 20 minutes with one student covering 500m!

The less advanced group have been just as impressive completing 25m for the first time; an amazing feat for a group of swimmers who only a matter of weeks ago were too scared to put their faces in the water. It has been a privilege to teach this group and seeing them all progressing. Well done Year 8!



## Duke of Edinburgh Award

This term the PE team introduced 10 students to the Original Place for their Duke of Edinburgh welcome session. They heard from guest speaker, Keith Page MBE, an ex-Marine, who gave an excellent speech about making choices in life. The students were fantastic and engaged. The speech was followed with some map work in groups.

The DofE award is a fantastic opportunity for Park students... and its not too late to get involved ... pop along from 6pm on a Monday to learn more or speak to Mrs Cavanagh.

**HAVANT OPEN CENTRE**

### The Duke Of Edinburgh's Award

- A fun, rewarding experience for ALL young people from the start of Year 9 to Age 24 - Bronze, Silver & Gold levels
  - Non-competitive and achievable by ALL
  - Voluntary, balanced, progressive
  - Challenging and achievement focused
- Enhances CV's - Award holders stand out from the crowd
- ASSISTED PLACES AND FUNDING AVAILABLE TO THOSE IN NEED
  - FREE weekly sessions at TOP, 500 metres from this school
  - All leaders are fully trained volunteers

Encourage your child to come and meet us. We are sure they will benefit

The Original Place, 136 Purbook Way, PO9 3SU  
Every Monday in term time, 6-8pm  
Contact: Steve Prankard – 07584256907 – [steveprankard@hotmail.com](mailto:steveprankard@hotmail.com)



## Netball Club

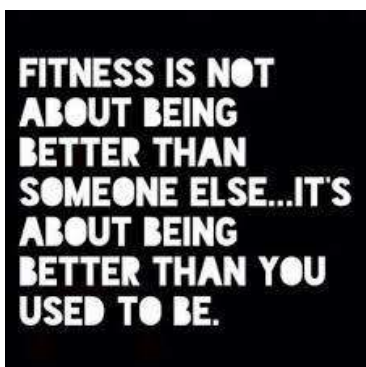


We have a superb afternoon every Thursday with 25 young ladies who are forming our excellent Years 7, 8 and 9 Netball Teams. They have worked hard to develop tactics and strategies within training and are a pleasure to spend the afternoon with. It has been excellent to see some of our experienced Year 10 girls help with training and officiating the games also.

Anyone interested to joining the teams should come along to training or speak to a member of PE.

## Fitness Suite

There has been some fantastic effort week in, week out from the regulars in the fitness suite after school on Thursdays. They all have a great focus on improving their physical fitness and always asking for new exercises to do.



If you would like to improve your fitness levels and relieve some of the stresses of everyday life then come on down to the fitness suite after school. If you need an extra bit of motivation or just want some company then bring a friend along.

## Year 9 Netball

Wow – what a team!

True team spirit combined with real friendship. These ladies have worked hard this term at the area Netball competitions to battle against extremely strong opposition.



They have been fantastic ambassadors for the school and PE department showing maturity, sportswomanship and resilience.

## Year 8 Football

Year 7 and 8 boys' football training has got off to an excellent start this year, with both teams committing to regular training with Mr Redman.

The season has started very positively for the Year 8 team travelling to Horndean and finished unbeatable.

Mr Redman would like to praise the boys for their excellent attitude and sportsmanship throughout their season so far.

Anyone interested to joining the team should come along to training or speak to Mr Redman.



# Park Post

## BTEC Stars

All Year 11 students are studying BTEC Sport with the PE team and have made an outstanding start to the year. We are extremely impressed with attitudes 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.

The following students have really stood out to staff for their resilience and attainment ...



## PE REMINDERS



As the weather is due to get cooler a reminder that for an extra layer of warmth during outside PE lessons, the Park PE hoody should be worn. This can be purchased from Skoolkit.

School PE kit includes, BLACK shorts/tracksuit bottoms or leggings, Park PE logo polo shirt and trainers for every lessons.

Hair should be tidied up and earrings always removed!

## What's coming up next term in PE

All years area cross country championships at Horndean Technology College

Interested in being part of the team?

Think you could complete the distance below?

Then please see a member of the PE team for a letter as soon as possible.

Additional team qualifiers will take place in November.

Distances =

Years 8 and 9 boys 3.0 K

Years 8 and 9 girls 2.5 K

Years 10 and 11 boys 4.5 K

Years 10 and 11 girls 3.0 K





# Park Community Mental Health & Well Being



## What is Mental Health and Well-Being?

The World Health Organisation defines mental health "as a state of well-being in which every individual realises their potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community."

Being in good mental health means a person has the resilience to cope with difficulties, has good relationships and an ability to think clearly, participate in decision making and have optimism, self-control and self-efficacy.

As with physical health, there are ways to support a person's mental health and therefore being aware of your mental health and well-being is vitally important.

## Keeping Yourself Well

- Do healthy things that keep you well
- Notice when you feel well
- Reflect on successes and visualise what you want to achieve
- Watch out for early warning signs or triggers
- Make positive friendships
- Have a social network of family and friends
- Socialise
- Sleep well
- Eat well
- Engage in healthy relationships
- Don't self-diagnose!

## Staying Safe

- If you see warning signs remember what helps you feel better
- Use strategies that you know can help – mindfulness, exercise, breathing, colouring
- Speak to someone you trust
- Think back to previous successes – how have you got over difficulties before?
- Do things that keep you well – be nice to yourself
- Use other support facilities

## Finding help in school

Speak to your mentor

SEND Team – Mrs Hamson, Ms Shuttle, Ms McDonagh

Pastoral Team – Ms Bannard, Miss Thomas and Mrs Breedon

## Finding help outside school

Childline – 0800 1111, Samaritans – 116 123, Off the Record 02392 474724, Motiv8 – 02392 470484

Mind – 0300 123 3393, Youngminds – 0808 802 5544, CAMHS – 02392 224560, iTalk – 02380 383920

## Apps:

Worry Box, Mind Shift, Self-help Anxiety Management Mood Tools, Change 4 Life  
Couch to 5K, My Fitness Pal, iTalk, Mood Juice

## Websites:

Papyrus, Anxiety BC, Chat health, Self-esteem team, Life Centre, Let's talk about it, Head Meds,  
B-eat, FRANK, Hampshire Youth Access Yservices, Stonewall



## Park Post

### Hope Church, Winchester

KS4 Provision students were invited to an event at Hope Church, Winchester. The visit was hosted by NHS Child and Adult Mental Health Services and was a unique and inspiring opportunity for our students to learn, discuss and understand more about eating difficulties, body image and self-esteem.

Speakers such as Harnam Kaur 'the bearded dame', journalist and presenter of Channel 4's Supersize v Superskinny Emma Woolf gave talks, as well as young people sharing their personal journeys. There were also interactive debates and activities.

The aim was for students to gain knowledge to help them understand some difficulties they may be experiencing.

Feedback was that our group were a delight and represented the school well.



### Park in the Community Volunteers at the Farm

We were delighted to welcome volunteers from Pfizer, a large pharmaceutical company based in Havant, to our farm.

They gave up their time to help at our smallholding, where our students are taught to grow vegetables and to look after our animals. The produce from our farm is used in the our school restaurant, promoting healthy eating and encouraging our students to make the connection between what they eat and where and how it is grown. The group of six volunteers, helped with a number of jobs around our smallholding including looking after the pigs, weeding the allotment and clearing several raised beds used for growing fruit and vegetables. Amy from Pfizer said, "I've enjoyed volunteering today. It's been a fantastic opportunity to get out and experience how great this place is, I would never have known this amazing place ever existed otherwise."



Mr Pritchard, facilities manager at Park Community School, expressed his gratitude. "I would like to thank the volunteers from Pfizer and Pfizer themselves for releasing the volunteers for us. They make a huge difference by being able to spend time on specific tasks, which makes the environment more sustainable for our students. Financial donations are fantastic, however having a volunteer body has a large impact on our students and the schools facilities to deliver the schools motto of 'much more than just a school'."



# Christmas light switch on

**Monday 3rd December**  
**Turning on of the Christmas lights**  
**15.45 - 16.15**

**This will be an event for the whole family to enjoy.  
Please join in with our school choir around the tree and  
enjoy hot chocolate, mulled wine and mince pies.**

**For more information, please contact  
[info@pcs.hants.sch.uk](mailto:info@pcs.hants.sch.uk)  
02392 489811**





more than  
just a school

much  
more than  
just a school

# Christmas Day

at Park Community School

25th December 2018

11am - 4pm

Park Community's MUNCH team kindly invite you to join them for a traditional Christmas lunch at Park Community School.

Any donation towards the cost of lunch and volunteer help is always welcome.

Booking in advance is essential  
For more information please contact:  
Lorraine Daughtrey  
Telephone: 02392489807



Park Community School,  
Middle Park Way, Havant,  
PO9 4BU



## MUNCH Christmas Day

As part of our Munch programme, for the fourth year, we are providing a 3 course Traditional Christmas Day lunch at Park Community School free of charge for members of our community.

There are inflatables and games for the children and newspapers and conversation for those who crave company.

Local families, single or elderly people who are lonely, homeless people and anyone else for that matter who is in need at Christmas are warmly welcomed at Park Community School.

To book onto Christmas Lunch, or to volunteer on the day, please call Mrs L. Daughtrey on 02392 489807.

Lorraine Daughtrey  
Telephone: 02392489807

## Senior Citizens Christmas Party

You are warmly invited to join us for high tea and a sing along to some Christmas Favourites, and be entertained by our school performers at our fabulously festive community event.

Our facilities are adapted to accommodate our guests' access needs - there are spaces for wheelchairs, ample seating around tables and there will be no need to use stairs.

Tickets for this event are available from Park Community School 023 92 489811 for just £2. Included in the ticket price is a high tea, with tea, coffee, cakes and mince pies amongst other scrumptious treats. We are happy to reserve tickets over the phone on 023 92 489811 and we will hold them at reception for you to collect on arrival.

We have ample space for parking and dropping off right outside reception.

We hope that members of our local community are able to join us for what promises to be a wonderfully festive community event.

# Senior Citizens Christmas Party

at Park Community School

16th December 2018

2pm - 4pm

## Essential Dates for your diary...

- |                        |                                   |
|------------------------|-----------------------------------|
| • Monday 29 October    | - School reopens for All Students |
| • Thursday 8 November  | - Years 7 & 11 Parents Evening    |
| • Thursday 12 November | - Year 12 Celebration Evening     |
| • Monday 19 November   | - Inset Day                       |
| • Friday 21 December   | - Students break up for Christmas |





## Recipe by Steven Cross, Head Chef

### Halloween Pumpkin & Sage Soup

*It's getting colder, the rain becomes a constant presence, the wind begins to howl and creatures consider hibernating! Here at Park it's that time where the kitchen more than ever becomes the warmth & heart of the school. Hearty food is in order - warming cold hands and keeping children positive for the day.*

#### Ingredients

- 1 tbsp vegetable oil
- 50g butter
- 2 x white onions, chopped
- 2 x cloves of garlic, chopped
- 800g Pumpkin, peeled & chopped
- 1.3 ltr vegetable stock
- 1 small bunch of fresh sage
- 2 tsp ground coriander
- 1 tsp cumin seeds
- 1 red chilli

#### Method

1. Warm a large heavy based pan on the stove, add the vegetable oil and butter and allow the butter to foam and colour slightly.
2. Add the diced/chopped white onion and garlic and allow to gently cook until soft.
3. Now increase the heat adding sage leaves, pumpkin and chilli, allow to cook and try to colour the pumpkin, they need to colour but not burn (this will take about 10 minutes).
4. Now add the ground coriander and cumin seeds, spices need to cook out so the full flavour is released so allow to cook for another 5 minutes.
5. Fill the pan with the stock and allow to gentle simmer until the pumpkin is very soft.
6. Once the pumpkin is cooked add a few sage leaves, shredded, and blend until smooth, the longer the blend the better the soup!
7. Ready to serve with some nice fresh bread and butter.



#### Coming up....

- Year 10 visit to Cafe Rouge - November 2018
- M&MA Students trip to British National Museum - December 2018
- Year 9 MFL visit to Peacock Theatre, London - January 2019
- Year 9 Trip to Disney - February 2019
- Year 11 Trip to New York - February 2019
- Year 10 Trip to Tanzania - June 2019