



Meditation & Eid al Fitr  
*Week beginning May 18<sup>th</sup> 2020*

# Values in this week's assembly



## Our Values

Prepare to Thrive

### Tenacity

Show motivation and determination, adopting a 'can do' attitude and a strong work ethic.

### Hard Work

Work relentlessly to achieve and improve; understanding that trying your best can lead to achieving your ambitions.

### Responsibility

Demonstrate compassion, generosity and empathy when confronted with difference or need, valuing and celebrating diversity.

### Independence

Be self-reliant, organising time, resources and tasks, meeting deadlines and demonstrating maturity.

### Visionary

Offer curiosity and thoughtfulness; seeking out new knowledge and weaving it into our understanding of a complex world. Value imagination, creativity and new perspectives.

### Excellence

Produce high quality, crafted work, responding to feedback with enthusiasm and precision. Commit to the highest standards of behaviour, attendance and punctuality. Show pride in yourself and your school.

- **TENACITY** – show determination and dedication. Adopt a 'can do' attitude and don't give up
- **HARDWORK** – work relentlessly to achieve your goals – put in the hours of time and recognise that there are no short cuts to success
- **RESPONSIBILITY** – we are part of a community and with this comes responsibility for ourselves and others. Don't be selfish/uncaring – give of your time to others and look after one another
- **INDEPENDENCE** – be self-reliant. Set your own goals in terms of progress and achievements. Direct your own future and recognise that you may need to make sacrifices now to reap the rewards in the future.
- **VISIONARY** – be creative, think outside the box. Strive to find unusual solutions to problems and challenges you face. Don't be daunted by conventions – deep thinking is a vital part of achieving success in your learning
- **EXCELLENCE** – be the best you can be. Complete everything to the best of your ability – don't sell yourself short

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• **RESPONSIBILITY** – we are part of a community and with this comes responsibility for ourselves and others. Don't be selfish/uncaring – give of your time to others and look after one another

*You are responsible for how you live your life; including looking after yourself and being respectful of other's beliefs and values*

• **INDEPENDENCE** – be self-reliant. Set your own goals in terms of progress and achievements. Direct your own future and recognise that you may need to make sacrifices now to reap the rewards in the future.

*Using self-reliance to improve ourselves and be disciplined in ensuring we are prepared for our best futures*

**VISIONARY** – be creative, think outside the box. Strive to find unusual solutions to problems and challenges you face. Don't be daunted by conventions – deep thinking is a vital part of achieving success in your learning

*Don't be afraid to take time for yourself. Look around you and see the world 'in a different way'. Be grateful for what you have; rather than regretting what you do not. Think deeply.*

# 'Leisure' by WH Davies



What is this life if, full of care,  
We have no time to stand and stare.

No time to stand beneath the boughs  
And stare as long as sheep or cows.

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,  
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,  
And watch her feet, how they can dance.

No time to wait till her mouth can  
Enrich that smile her eyes began.

A poor life this if, full of care,  
We have no time to stand and stare.



*To aspire, endeavour and thrive together*



- Baking has existed for over 14,000 years, proving that we simply can't live without it!
- Roman times saw the birth of the expert chef, Romans loved the pastry chef, and those that brought new baked goods to the feasts and banquets.
- In the United Kingdom, by the Middle Ages, baking went commercial, with many trading rules about how to bake and sell bread. But everyone's got to eat, so anyone with an oven was baking bread to feed their families. The delicious, mouth-watering cakes we eat today started to emerge for the rich and wealthy of society from the middle ages onwards.





- Technology also helped upgrade the ovens to help bring better-baked goods to all of everyone, especially in the nineteenth century. Food was easier to preserve, too, so many people could order in meats and milk from across the country rather than relying on their backyard cows or chickens.
- New baking innovations arrived during WWI and WWII. In America during the wars, baking thrived and rationing saw the need for increasingly crafty creations. In America, different flavours from across the world arrived, from Italy, China and India for example.



*To aspire, endeavour and thrive together*

# MINDFOOD! Reasons why baking is good for your mental health



*Can you think of any reasons why research shows that baking is good for your emotional well being?*

**What is stressed spelled backwards?  
DESSERTS!**

# COOKING IS MEDITATIVE



Any activity which takes your whole attention – especially if it's simple and repetitive – can have a calming and meditative effect. The process of weighing out butter and sugar, whisking eggs, beating and folding creates space in the mind, and eases negative thinking processes.



# ***BAKING STIMULATES THE SENSES***



The feel of the flour, the sound of the blender, and of course the smell of the delectable final product – all these experiences stimulates the senses, which in turn increases feel-good endorphins.



# ***NOURISHING ACTIVITIES FEEL GOOD***



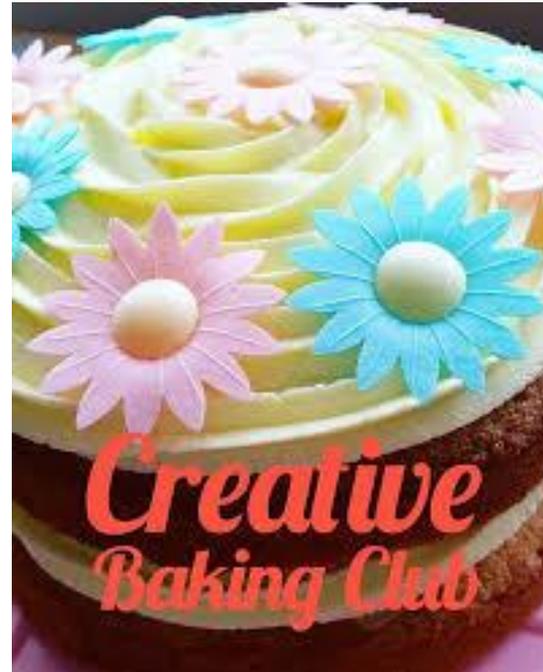
Baking – and any sort of cooking or food preparation – is ultimately about nourishing ourselves and others. To make the most of this benefit make a real effort to think about the ingredients and love that go into your baked goodies.



# ***BAKING IS CREATIVE***



Psychologists have found a strong connection between being creative and overall wellbeing – so experiment with that recipe if you dare, and make that frosting the prettiest it can be.



# MAKE OTHER PEOPLE HAPPY



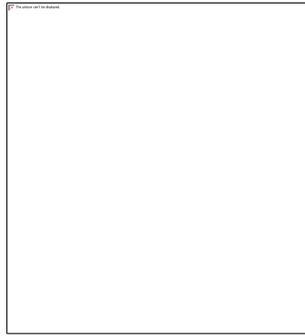
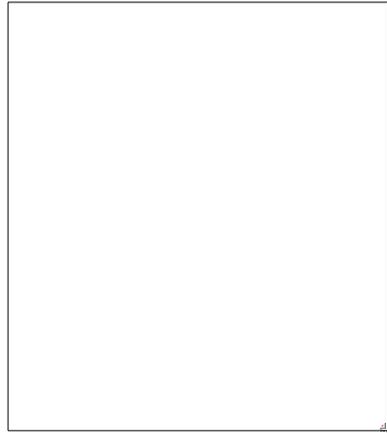
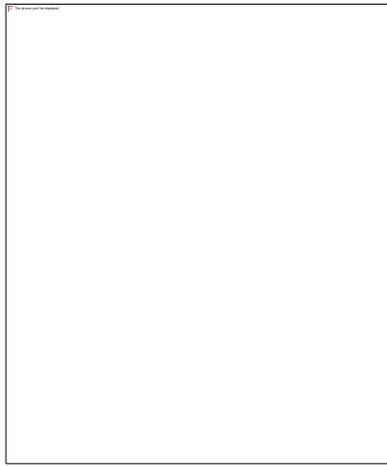
One of the best things about baking is that you can give away your creations and make other people feel happy other people feel happy – which in turn puts a smile on your face. It's a win-win.



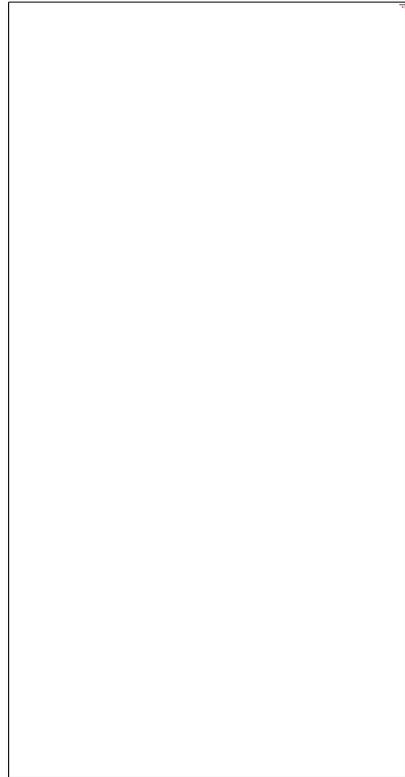
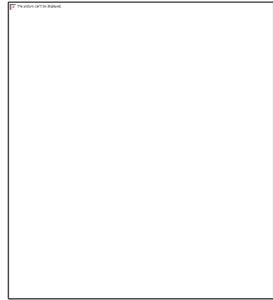
# ***This year in Food Technology...***



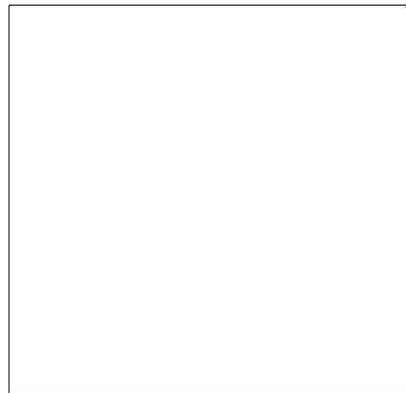
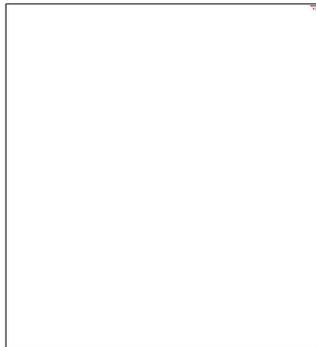
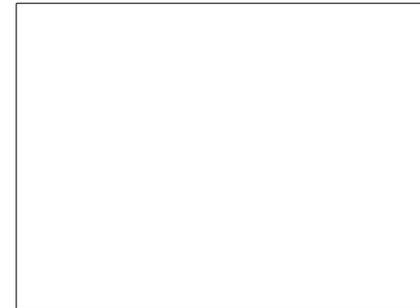
*To aspire, endeavour and thrive together*



Y7 scones



Y7 (2018) Fairytale feast biscuits





*To aspire, endeavour and thrive together*



Y8 bread making





KS4 bakes





2020 Easter  
bake off



*To receive: endeavour God's favour to glory*

Go on ...have a go yourself!



## **The Glossopdale Lockdown Cook Off Challenge 3**

- This is voluntary – you don't have to do it.
- Feeling very adventurous? Can you do a 'Great British Bake Off' style drawing to accompany it?
- Don't have the ingredients to bake – just submit the drawing.
- You could take this one step further and try to tie your design in with VE day by trying a rations recipe or a wartime recipe.
- It doesn't have to be cakes, it could be biscuits, small buns, doughnuts, traybake....
- My signature bake is either chocolate orange millionaire's shortbread or chocolate 'wedding' cake ( it is also used for birthday and special occasion cakes) photos on the next slide



# Millionaire's Shortbread (just remove orange zest and use plain chocolate if you don't want choc orange ones)

## Shortbread ingredients

200 g Unsalted Butter  
100 g Caster Sugar  
275 g Plain Flour  
Zest 2 Oranges

## Caramel ingredients

200 g Unsalted Butter  
3 tbsp Caster Sugar  
4 tbsp Golden Syrup  
397 g Condensed Milk (one tin)

## Decoration

300 g Terry's Chocolate Orange  
75 g White Chocolate  
Orange Food Colouring  
Terry's Chocolate Orange Segments



1. Preheat your oven to 180C/160C Fan, and line a 9x9inch Deep Square Tin with Parchment Paper.
2. Cream together the sugar and butter in a stand mixer with the paddle attachment until smooth – mix in the flour and orange zest until a dough is formed. It will be crumbly but the ingredients will be evenly dispersed!
3. Firmly press the mixture into the bottom of tin and bake in the oven for 20-25 minutes until pale golden on top!
4. Once baked, remove from the oven and leave to the side. In a large saucepan pour the condensed milk, butter, sugar, and golden syrup and melt on a medium heat till the sugar has dissolved – stir frequently to stop anything from catching.
5. Once the sugar has dissolved, turn the heat up high and let the mixture come to boiling point and boil for 5-7 minutes stirring constantly so that the mixture doesn't catch. BE CAREFUL as the mixture is VERY hot and can burn you if it splashes back!
6. The mixture will be ready when it has changed to a slightly darker golden colour, and has thickened to a soft fudge texture!
7. Pour the caramel onto the shortbread base and leave to set for an hour in the fridge.
8. Once set, melt the chocolate orange and pour over the caramel – melt the white chocolate and mix with a little orange food colouring and swirl it into the chocolate orange with the end of a cake skewer so it forms a pretty pattern or just drizzle it over.
9. Put a chocolate orange slice on it for each piece when you eventually cut it. Chill the Shortbread back in the fridge for another 1-2 hours until the Chocolate has gone hard\*\*!

Chop your Shortbread into the separate pieces and enjoy!

## Notes

This will keep in an airtight container for at least 1 week – if they last that long!

If your caramel is rock solid when you remove it from the fridge, you have slightly over done it. Not to worry though, when you pour the chocolate on, leave it to set at room temperature rather than in the fridge and it should soften the caramel slightly.

You can use normal Milk Chocolate if you wish, or even use orange extract to flavour it this traybake.

## Flapjack

100g butter  
70g golden syrup  
70g light brown sugar  
200g oats

## Honeycomb

200g caster sugar  
5tbsp golden syrup  
2 tsp bicarbonate of soda

### Flapjack

1. Preheat the oven to 180C, gas 4
2. lightly grease the roasting tin or cake tin. ( a cake tin is a good size.
3. Put the butter, syrup, and sugar in a saucepan and heat gently until the ingredients have melted and dissolved.
4. Take saucepan off the heat and stir in the oats and mix well.
5. Spoon into the prepared tin and press down firmly with the back of a metal spoon.
6. Bake in the oven for 20-25 minutes.
7. Once cooled you can melt chocolate to pour on top if you want 150g will be more than enough.
8. If you wanted to put honeycomb on top like I did you can either break some crunchies on top or make your own.
9. If you do make your own wear long sleeves, oven gloves and be careful. Hot sugar burns, a lot.



### Honeycomb

1. Butter a 20cm square tin.
2. Mix 200g caster sugar and 5 tbsp golden syrup in a deep saucepan and stir over a gentle heat until the sugar has melted. Try not to let the mixture bubble until the sugar grains have disappeared.
3. Once completely melted, turn up the heat a little and simmer until you have an amber coloured caramel (this won't take long), then as quickly as you can turn off the heat, tip in 2 tsp bicarbonate of soda and beat in with a wooden spoon until it has all disappeared and the mixture is foaming. Scrape into the tin immediately but be careful as the mixture will be very hot.
4. The mixture will continue bubbling in the tin, simply leave it and in about 1 hr - 1 hr 30 mins the honeycomb will be hard and ready to crumble or snap into chunks

250g caster sugar  
180g margarine  
180g plain chocolate NOT cadburys or galaxy  
3 eggs  
110g plain flour



### Brownies

1. Pre-heat your oven to 180oC
2. Put 20 cm of water in the bottom of your saucepan and put on high flame!
3. Break the chocolate into pieces and put with the butter into a bowl.
4. Put over the pan to melt.
5. Beat the egg in a measuring jug using a fork, with the sugar.
6. Once chocolate and butter is melted take off pan with oven gloves.
7. Slowly sieve in the flour and mix in gently. Then slowly add the egg mixture until combined.
8. Pour into a square tin
9. Bake in the oven for 40-45 minutes, until a knife comes out clean.
10. When it comes out you can always gently push some coloured chocolates into the top so that they melt in slightly.

## **Cake**

200g golden caster sugar, 200g unsalted butter, softened  
4 large eggs, 200g self-raising flour  
2 tbsp cocoa powder, 1 tsp baking powder  
½ tsp vanilla extract, 2 tbsp milk

## **Chocolate icing**

200g/7oz plain chocolate  
200ml/7fl oz double cream



## **Chocolate cake**

1. Heat oven to 190C/170C fan/gas 5. Butter the base and sides of two 20cm round sandwich tins and line the bases with baking parchment.
2. In a large bowl, beat together 200g golden caster sugar, 200g softened unsalted butter, 4 large eggs, 200g self-raising flour, 2 tbsp cocoa powder, 1 tsp baking powder, ½ tsp vanilla extract, 2 tbsp milk and a pinch of salt until pale.
3. Divide the mixture between the prepared tins. Bake for 20 mins or until a skewer inserted into the centre of the cake comes out clean.
4. Leave to cool in the tin for 10 mins, then turn out onto a wire rack to cool completely.

## **Honeycomb**

1. For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the pan from the heat and whisk the mixture until smooth, glossy and thickened. Set aside to cool for 1–2 hours, or until thick enough to spread over the cake.
2. To assemble the cake, run a round-bladed knife around the inside of the cake tins to loosen the cakes. Carefully remove the cakes from the tins.
3. Spread a little chocolate icing over the top of one of the chocolate cakes, then carefully top with the other cake.
4. Transfer the cake to a serving plate and ice the cake all over with the chocolate icing, using a palette knife
5. Decorate with whatever you want

## Chocolate chip cookies (you can halve the recipe or freeze one half – if you make all of them they will disappear quickly)

275g unsalted butter, softened , 275g soft light brown sugar

225g granulated sugar, 2 large eggs

1 tbsp vanilla extract, 475g plain flour

2 tsp baking powder, 300g good-quality milk chocolate, chopped roughly into chunks

sea salt



1. Put the butter and sugars into a large mixing bowl. Beat together with an electric hand whisk until smooth and light in colour.
2. Break in the eggs one at a time, mixing as you break in each egg. Once the eggs are combined, add the vanilla extract.
3. Sift in the flour and baking powder and mix in with a wooden spoon until completely incorporated. Add the chocolate chunks and mix in until thoroughly combined. Divide the dough in half.
4. Place each half onto a large sheet of cling film. Roll the dough into a wide sausage shape and wrap in the cling film, twisting the ends to seal. Each sausage will make nine large cookies (but you can roll them smaller and make more). The dough sausages can be frozen at this point. However if you wish to bake them straightaway, chill the dough in the fridge for 30 minutes before use.
5. Once ready to use the cookie dough, remove from the freezer and allow to warm up enough to slice. Preheat the oven to 180C/350F/Gas 4.
6. Slice the dough sausage into nine discs and place onto a non-stick baking tray or a tray that has been lined with baking parchment. (I cut them smaller and had more)
7. Bake in the preheated oven for 20 minutes, or until they are golden-brown on the edge and slightly paler in the centre.
8. Remove from the oven and transfer to a wire rack to cool before serving