



# Maidenhall Primary School Newsletter

9th February 2018

## Dear Parents/Carers

Can you believe that we are half way through the academic year? The children have been involved in lots of different events and activities – please ask your child/ren about their school day. To encourage this, we are asking parents to not use their mobile phones when they pick up their children. This will mean that you can focus on what they have to say and make them feel that their learning is important to you.

We are trying to ensure that our children keep fit, healthy and active as this helps them to be enthusiastic learners in the classroom. Please see the recipe overleaf for pancakes which has been provided by the Change 4 Life website – we hope you enjoy eating them as well as making them. We are also setting families a walking challenge i.e. can you walk for at least half an hour **every day?** Maybe you could go to the park during the holiday or walk into the town centre. Don't forget our Healthy Selfie competition – entries can be sent to:

[competitions@maidenhall.primaryluton.co.uk](mailto:competitions@maidenhall.primaryluton.co.uk)

We hope you have a lovely half term break and, as always, thank you for all your support and co-operation.

From Coral Campion and the Senior Leadership Team

## Dates for your Diary



1st March– World Book Day

29th March– Wear a Hat Day (Brain Tumour Research)

30th March– School Closed for Easter Holidays

16th April– Children return back to School

7th May– Bank Holiday (School Closed)

16th May– Class Group Photos Day





# How to make pancakes

## Ingredients (what you need):

- 100g wholemeal self-raising flour
- 1 tsp ground mixed spice
- 1 large egg
- 80g grated carrot
- 4 tbsp low-fat, lower-sugar plain yoghurt
- 100ml semi-skimmed milk
- 30g sultanas or raisins
- 1 tsp vegetable oil

*(You could use white self-raising flour, but wholemeal has more fibre)*

## Method:

1. Put the **flour**, **mixed spice**, **egg**, **grated carrot**, **yoghurt** and **milk** into a large mixing bowl and use a hand whisk or fork to mix together thoroughly.
2. Stir in the **sultanas or raisins**.
3. Heat a non-stick frying pan over a medium heat. Add 2-3 drops of oil. Cook a tablespoonful of the batter in batches, turning them over after 1-2 minutes to cook the other side. Make 8 drop scones altogether, adding a further 2-3 drops of oil to the frying pan with each batch.

If you like, you can add a sliced banana or a dash of lemon juice to you pancake.

***Keep in a food bag or airtight tin in a cool place for 2-3 days.***

