



# Shepton Beauchamp Church School News



Friday 6<sup>th</sup> October 2023

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Tel: 01460 240793

## Head's Update...

Dear Parents and Carers,

We are fast approaching our Harvest celebrations on Wednesday 11<sup>th</sup> October at 2.30pm at St Michael's Church. We have harvested our own apples on the school site and Jeff the Juicer thinks we have enough for at least 10 bottles of juice for the children... not a bad return for free from nature! (Thanks to Jeff)

We have also made pasta sauces from scratch using simple ingredients... they tasted amazing! We have the recipes for you all on page 3.

We are pleased to announce further improvements for the Rectory Garden. Our wooden play equipment is being removed over October half term and FOSS will be funding the start of new play equipment being installed. Watch this space for updates!

Best wishes,

Connel Boyle

Executive Headteacher



## Food for Life

*What a great time we had making recipes from scratch!*

We were making, tasting and evaluating pasta sauces made from wholesome produce as part of our D.T. Project: Food for Life. And as promised to the children - the recipes for you to try at home.

These are at the end of our newsletter for you to try!



**Our school attendance target is 96%**

**We are at 97.26%**  
**-1.62%**

**Phoenix Class current attendance 99.11%**



**-0.89%**  
**WOW!**

**Gryphon Class current attendance 96.82%**



**-1.79%**  
**Bit of a drop?**



Congratulations  
to this week's  
winners!

### Gold Winners

Ruby Austin

### Silver Winners

Elijah

### Bronze Winners

Amelia

### Headteacher's Award

Dylan Mabel

### Guiding Stars

Ruby Noah



Headteacher drop-in sessions every  
Friday at 2.00pm.

Mr Boyle is available for any parent to drop in to see him without the need for an appointment. Please do feel free to use this session to answer any queries you may have.

### Friday Family Assemblies

Come and join us every Friday at 2.45pm. We look forward to seeing you.

## Team Points

Week ending  
6/10/23

Malala 87

Marcus 77

David 89

This weeks  
winners were

**David**

Well done!



### Diary Dates:

- Monday 9<sup>th</sup> October - School Photographs
- Wednesday 11<sup>th</sup> October - Harvest Festival 2.30pm
- Thursday 19<sup>th</sup> October - Last day of term
- Friday 20<sup>th</sup> October - INSET Day
- Monday 30<sup>th</sup> October - First day of Term
- Tuesday 7<sup>th</sup> and Thursday 9<sup>th</sup> November - Parents Evenings
- Friday 10<sup>th</sup> November - Remembrance Family Assembly

The school calendar for 2023 to 2024 can be found under the Parents Tab, listed as Term Dates. Go to:

[www.sheptonbeauchamp.co.uk](http://www.sheptonbeauchamp.co.uk)

## Fresh tomato sauce

🕒 Preparation: 5 minutes

🕒 Cooking: 30 minutes

👤 Five people

### Ingredients

- 500g ripe tomatoes
- 1 tbsp olive oil
- 1 onion, chopped
- 1 crushed garlic clove
- selection of fresh herbs

### Equipment

- sharp knife
- chopping board
- saucepan
- sieve
- spoon
- bowl

### Method

1. Heat the olive oil in a saucepan. Add the chopped onion and crushed garlic, then cook on a low heat for 10 minutes until soft.
2. While the onion and garlic is cooking, chop the tomatoes and tear the herbs into pieces.
3. Add the tomatoes and herbs to the pan and cook over a low heat for around 20 minutes, until everything is soft. Leave to cool.
4. Use a spoon to press the tomato mixture through a sieve into a bowl.
5. Reheat before serving.

### Serving suggestions

- Stir into freshly cooked pasta
- Spoon over chicken or fish
- Use as a sauce base for lasagne or moussaka
- Add mince or mixed beans and chilli powder to make a simple chilli con carne



# Enjoy!

## Pesto

🕒 Preparation: 10 minutes

🕒 Cooking: 5 minutes

👤 Four people

### Ingredients

- large bunch of basil
- 2 garlic cloves
- 50g pine nuts
- 150ml olive oil
- 50g parmesan (or vegetarian alternative)

### Equipment

- frying pan
- food processor or blender
- jar with lid

### Method

1. Heat a frying pan over a low heat. Add the pine nuts and cook until golden, shaking them occasionally. Put the cooked nuts into a blender or food processor with the rest of the ingredients and blend until smooth.
2. Pour the pesto into a jar and cover with a little extra oil, then seal and store in the fridge. It will keep fresh in a fridge for upto two weeks.

### Serving suggestions

- Stir into freshly cooked pasta
- Spread over roasted chicken
- Spread onto crackers with some soft cheese
- Use as a dip for carrot sticks
- Add as a pizza topping



## Roasted red pepper sauce

🕒 Preparation: 5 minutes

🕒 Cooking: 30 minutes

👤 Four people

### Ingredients

- 500g passata
- 3 red peppers
- 2 peeled red onions
- ½ tsp dried thyme
- 1 tbsp cooking oil
- salt and pepper

### Equipment

- sharp knife
- chopping board
- blender or food processor
- roasting tin

### Method

1. Heat the oven to 220°C.
2. Chop the peppers and onions into chunks and place in a roasting tin. Add the oil and dried thyme, then roast for 30 minutes.
3. Allow the roasted vegetables to cool, then blend to leave some chunks.
4. Stir in the passata, season with salt and pepper and heat through.

### Serving suggestions

- Stir into freshly cooked pasta
- Use as a marinade for roasted chicken
- Use as a sauce base for lasagne or moussaka
- Pour over roasted vegetables

