

LANSDOWNE SCHOOL NEWSLETTER

Hello everyone, I thought I would include images from our Black History Month Quiz in this week's newsletter. The event occurred at the end of last half term and is something that the students really look forward to. We celebrated the achievements of important figures from the civil rights movement, literature, politics, sport and entertainment with a picture quiz and a music quiz. This followed on from a class assembly on Black History Month from the previous week. We also include a recipe from our wonderful Food Technology department and images from a local life skills trip.

Mr Jukes

Class of the Week in KS3

Congratulations!

8IG

Class of the Week in KS4/5

Congratulations!

11TF





Spaghetti with Meatballs in Tomato Sauce

Did you know that this dish did not originate in Italy? This week, we learned that it was popular among Italian immigrants in New York City who had access to a more abundant meat supply than in Italy. Our Food Science experiments continue; we are exploring the impact of heat and temperature

on our food using different cooking methods, both in the oven and on the hob. Look at the Year 7 students as they master these skills: they have made a perfect tomato sauce and baked their meatballs after shaping them to perfection. You can also try to recreate this dish over the weekend; it's simply delicious!

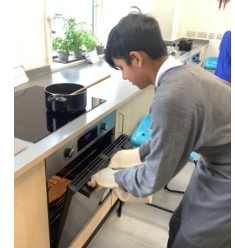
Ms Ravazzolo

Ingredients

- 1 small onion
- 1 clove garlic
- 1 small carrot
- 115g lean minced beef
- 55g fresh white breadcrumbs
- Basil Leaves to decorate
- 1tbs chopped parsley
- Freshly ground black pepper
- 1 small egg
- 175g spaghetti
- Extra virgin Olive oil
- For the tomato sauce:
- 400g can chopped tomatoes
- 1 x 15ml spoon tomato puree

Preparation

- 1)Pre-heat the oven to 190°C/gas mark 5.
- 2)Prepare the ingredients — peel and finely chop the onion; peel and crush the garlic; peel and finely grate the carrot; chop the parsley; beat the egg.
- 3)Add 1 tbsp of oil to a small frying pan and heat. Add the onion and garlic and sauté for 2–3 minutes or until softened. Remove half of the cooked onion to a large bowl and leave the other half in the frying pan.
- 4)Add the carrot, beef, breadcrumbs, parsley and seasoning to the onions in the bowl, and mix well. Then add just enough beaten egg to bind together without making the mixture too sticky.
- 5)Divide the mixture into 16 equal amounts and roll each into small balls. Place on a lightly greased or lined baking tray. Thoroughly wash and dry hands after touching the raw meat.
- 6)Cook in the preheated oven for 8–10 minutes or until cooked through, turning over halfway through cooking.
- 7)Meanwhile, cook the spaghetti following the pack guidelines in a large saucepan of boiling water.
- 8)Add the tomatoes, basil leaves and tomato puree to the remaining onion mixture in the frying pan. Simmer together for 5–8 minutes or until the onions are very soft. Season to taste.
- 9)Drain the spaghetti thoroughly then toss together with the cooked meatballs and tomato sauce. Divide between warmed serving plates and serve immediately.



Exploring Brixton

This term in Humanities, the Year 8 students are practising their Geography skills. With fieldwork in the local area, the students have a chance to explore Brixton in a different perspective, practise their road

safety, and make observations about the geography of the area. Stay tuned for more trips!

Ms Gkotsi

