



LANSDOWNE SCHOOL NEWSLETTER

We have welcomed students back after the half term break and look forward to another busy and productive half term. This week we feature images from our Duke of Edinburgh Programme. The students travelled to Brockwell Park to begin a new unit on outdoor games. We also include a recipe from our Food Technology department. —Mr Juckes

Class of the Week
in KS4

Congratulations!

10LT

Class of the Week
in KS4

Congratulations!

11TF



DofE Brockwell Park Trip

Duke of Edinburgh students went to visit Brockwell Park this week. The aim of this section is to take part in a physical activity that would further develop their skills and fitness in sport. Our group chose striking and fielding games (Rounders), as well as Boccia as a physical activity that they would like to develop over the course of the term. Skills included: throwing accuracy, catching, striking, running, counting, scoring and teamwork. Each week we would choose a location where our games



would take place (Lansdowne/ Papa's Park/Brockwell Park/ Clapham Common/ Slade Gardens). The focus of these sessions is to develop the students physical skills as well as their social engagement with others. All students enjoyed taking part in these activities. —Mr Lee

WORLD
BOOK
DAY
7 MARCH 2024

World Book Day will be celebrated on Thursday, 7th March 2024. Students are encouraged to come dressed as a favourite character from a story.

Macaroni Cheese

The days are getting longer and somewhat warmer, marking the return of KS3 students to the kitchen! This term, we are exploring Food Choices. To kick things off, we sampled three distinct varieties of cheese to determine our favourite. With a focus on engaging all our senses and the use of sensory words, we carefully evaluated each cheese before making our selection and discussing it with our peers. Then, it was time to get cooking. We boiled the pasta, made a creamy, cheesy white sauce -we have developed expertise at this now-, and assembled our Macaroni Cheese. After just 20 minutes in the oven, it looked gloriously golden and filled the air with an irresistible aroma. Stay warm and happy! —Ms Ravazzolo



Macaroni and Cheese Recipe

1. Cook the pasta: bring a large pot of water to the boil. Add macaroni and cook per packet directions.
2. Drain, return pasta to pot, add butter and toss until melted. Set aside to cool while making the cheese white sauce.
3. Mix together the breadcrumb topping. Set aside.
4. Preheat oven to 180°C.
5. Make the cheesy white sauce: In a large pan, melt butter over medium heat. Add flour and cook, stirring constantly, for 1 minute. Add about 1 cup of the milk and mix to dissolve the paste into the milk. Then add remaining milk and mix until lump free. Mix in salt and seasonings. Cook, stirring regularly, for 5 - 8 minutes until thickened to a cream consistency. Remove from the hob, add the cheese and stir - cheese doesn't need to melt.
6. Pour cheesy white sauce into the pot with macaroni. Stir quickly, then pour back into the baking dish. Sprinkle with breadcrumb topping.
7. Bake for 25 minutes or until top is light golden. Don't bake too long otherwise you'll bake away the sauce!
8. Serve immediately. You can sprinkle a bit of fresh parsley for extra decoration.

Ingredients

Macaroni:

250g macaroni pasta
1 tbsp unsalted butter

Breadcrumb Topping:

40g breadcrumbs
2 tbsp unsalted butter, melted
1/4 tsp salt

Cheesy White Sauce:

60g unsalted butter
50g all purpose flour
750ml milk, warmed
200g Cheddar cheese
100g mozzarella or Parmesan cheese
3/4 tsp salt

Seasonings (optional):

1 tsp garlic powder
1/2 tsp onion powder
1/2 tsp mustard powder



Parent/Carer Group Coffee Morning

Our next Parent/Carer Group Coffee Morning will be held on Tuesday, 27th February from 10.15-11.15am at Lansdowne School with Guest Speaker Speech and Language Therapist.