



## Happy Christmas From All At Hitherfield

I have been very pleased that we have held almost all of the Christmas concerts this year. The children have thoroughly enjoyed performing and I know their families have loved seeing them. I am hoping that Puffin Class can perform theirs next term. We have just managed to get to the end of term, with many families and several staff members testing positive. We wish them all a speedy recovery.

I would like to thank our amazing and dedicated staff team, who have consistently worked to support the children and our whole school community during this period of high anxiety and uncertainty - thank you. Thank you to our wonderful PTA for both the Christmas Fair and for the Hitherfield Family To Family food programme - you really are a fantastic group.

Finally, thank you to all of our community for your support again this term and it is my pleasure to wish you all a Merry Christmas from everyone here at Hitherfield. Have a great holiday, stay safe, and see you on Thursday 6th January.

Chris Ashley-Jones  
Executive Headteacher



### Dates for the Diary

Thursday 6<sup>th</sup> January - Children return to School

Tuesday 18<sup>th</sup> January - 1 Cobra Class Assembly  
and Open Morning 9:15 – 10:30am

Thursday 20<sup>th</sup> January - 6 Orca CLC City planning in  
Minecraft workshop

Thursday 20<sup>th</sup> January - 4 Flamingo Class  
Assembly and Open Morning 9:15 – 10:30am

Tuesday 25<sup>th</sup> January - 2 Manatee Class Assembly and  
Open Morning 9:15 – 10:30am

Thursday 27<sup>th</sup> January - 5 Kingfisher Class Assembly  
and Open Morning 9:15 – 10:30am

Friday 28<sup>th</sup> January - 5 Hedgehog CLC Animation  
Workshop



**Everyone was delighted when Father Christmas visited Hitherfield this morning!**



**Wishing you all a Merry Christmas and a Happy New Year from  
Breakfast and Afterschool Club.**

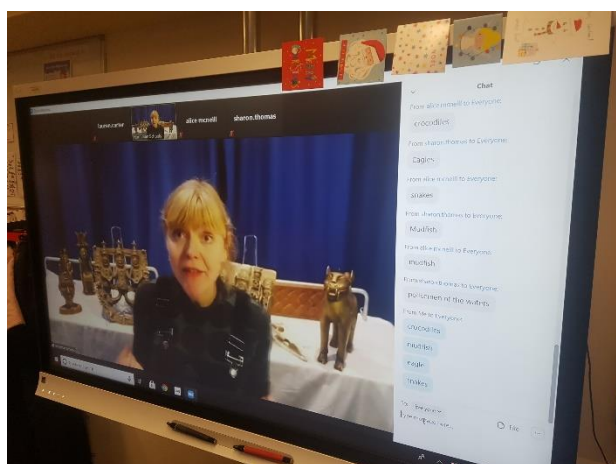






## Year 5 Ancient Benin Day!

Due to the increased Covid Risk Year 5 had to bring their planned Horniman Museum trip to Hitherfield. Despite the initial disappointment, they still had an amazing day! They had a virtual learning session with the Horniman, cooked plantain, had a picnic lunch, played a traditional game using cowrie shells AND made Benin Bronzes! Use the QR code to find out more!







## Hitherfield's KS1 and KS2 Christmas Performances







In February, we will be joining in the Eat The To Defeat Them campaign for 2022! Look out for the campaign advertising on itv and we'll send you regular updates of ways to introduce your children to eating more vegetables.

Here's some tips about using traybakes to cook those veggies in a different way...you never know, they might just appeal to your family! We sometimes have fresh veg in our Fair Share delivery on a Monday. So come up to the Children's Centre and take some to cook in a traybake.

# VEGPOWER

## TRAYBAKES

FIRE UP YOUR OVEN - 220C/200C fan/Gas 7

Traybakes are one of those brilliant time saving dishes where the oven does most of the hard work. If you get your timings right you end up with a delicious meal and if you double up on your veg content you'll have leftovers for another meal!

**5 simple steps...**  
...for the perfect traybake!

**2**

**Select your veg:** allow for approx two handfuls of veg per person and four if you're doubling up!

**3**

**Prep optional extras** (chicken thighs, chickpeas, feta, etc). Lay on top of veg and sprinkle with dried herbs if using

**4**

**Roast** (see guide below for time suggestions). This might be all at once, or adding quick-cooking veg towards the end of the bake

**5**

**Add last minute items or seasonings.** Check everything is cooked then taste and adjust flavours. Add flavour and texture with fried eggs, crumbled cheese, soy sauce etc

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**Build your bake...**

Veg	Prep	Time	Tips!
Thin veg: spring onions, asparagus & green beans	Trim dry ends and leave whole	15-20mins	Thicker asparagus and spring onions will cook slower than thinner ones!
Mediterranean veg: courgettes, aubergines, peppers, tomatoes	Chop into medium (3-4cm) chunks	20-25mins	You'll need plenty of olive oil for med veg. For best flavours add garlic and a splash of balsamic vinegar towards the end
Brassicas/cruciferous veg: broccoli, cauliflower, sprouts, cabbage	Chop into medium (3-4cm) chunks	25-30mins	Roasting cauliflower changes its flavour and texture! Give it a try to see if the kids will come round to it!
Bulbs: onions, fennel, garlic	Chop into small 3cm wedges. Leave garlic cloves whole!	30-35mins	Keep the garlic cloves whole and before serving squeeze out the filling and mix into the veg
Root veg: beetroot, potatoes, carrots, sweet potatoes, celeriac, turnips, swede, yams	Chop into small (2cm) chunks	45-50mins	Some roots you don't need to peel: carrots, beetroot, sweet potato and some potatoes all work with skins
Squash: butternut squash, pumpkin winter squashes	Chop into small (2cm) chunks	45-50mins	You can keep butternut squash skin on while cooking. Squash works really well with sage and onion!

ALL timings are based on a oven preheated to about 220C/200C fan/gas 7 - adjust timings to suit your oven and preferences for how soft or hard your veg is!



## Quick and easy second meals!

By doubling up your veg you now have delicious leftovers you can quickly turn into a second meal. #LoveYourLeftovers by transforming dinner into a new meal with these tips:

### Curry it! 10mins

Turn your roasted veg into a stunning curry! Just heat the tasty veg until piping hot in a saucepan with a tablespoon of oil, and stir through your favourite curry paste and some coconut milk or chopped tomatoes. If in doubt, follow the instructions on the jar. You'll get impressive results for minimum effort!

### Hash it! 5mins

Heat a tablespoon of oil in a frying pan and heat through those yummy leftovers until piping hot, then stir through a gently beaten egg or two, cooking and stirring for just a minute until it's all cooked, steaming, and smells amazing!

### Bulk it! 15mins

Heat the veg to piping hot for a few mins in the microwave or in a saucepan on the stove with a little oil. Follow the cooking instructions on a bag of your favourite pasta, then drain and toss through the perfect pre-prepped veg. Get fancy with some cheese, cooked meat or tinned fish and a spoonful of pasta sauce!

### Mix it! 5mins

Make a salad that's as colourful as it is delicious by mixing hot or cold leftover roasted veg with your favourite salad ingredients. Try tossing in: cooked couscous or rice, crispy salad leaves, croutons, pitted olives, crumbly cheese or crunchy nuts. Pour some dressing over and prepare to be amazed!

### Blitz it! 10mins

Heat through your leftover veg in a large saucepan with a little oil until piping hot, then pour in enough hot stock or water to just cover the veg, let it simmer for 2-3 mins and blitz it all together to make a silky soup. Add lentils or tinned beans to make it more filling. Go all out by adding extra flavours like a teaspoon of curry powder or an indulgent splash of cream!

Make sure you share your delicious traybakes and how you #LoveYourLeftovers with us on social by tagging @VegPowerUK

Seasonal traybakes... make the best of your bake using tasty seasonal veg!

**Spring**  
Asparagus  
Spring greens  
Peppers  
Radishes  
Purple  
Sprouting  
Broccoli

**Summer**

Tomatoes  
Cucumber  
Courgette  
Aubergine  
Okra  
Broccoli  
Peas

**Autumn**  
Beetroot  
Sweetcorn  
Squash  
Pumpkin  
Mushrooms  
Kale  
Carrots  
Celery

**Winter**

Celeriac  
Parsnip  
Turnips  
Swede  
Brussels sprouts  
Sweet potatoes  
Cauliflower  
Savoy cabbage  
Leeks

## Favourite flavours!

A few ideas for easy traybake inspiration...

### Spanish Style

(cooks in approx 1hr)

6 medium white potatoes  
2 onions  
3 peppers  
handful of cherry tomatoes  
2 tsp paprika  
2 tsp oregano  
5 cloves of garlic  
approx 4 tbsp olive oil  
salt & pepper  
optional: chorizo  
and/or chicken thighs  
handful of black olives

### Med Veg bake

(cooks in approx 45mins)

2 courgettes  
2 peppers  
1 large aubergine  
2 red onions  
0.5 butternut squash  
6 cloves of garlic  
1 tbsp dried or 4 fresh  
stems of rosemary  
approx 4 tbsp olive oil  
salt & pepper  
1 tbsp balsamic vinegar  
optional: feta cheese  
new potatoes

### Greek Flavours

(cooks in approx 1hr)

5 medium white potatoes  
2 brown onions  
1 large aubergine  
4 fresh medium tomatoes  
handful of Kalamata  
or black olives  
6 cloves of garlic  
1 lemon  
2 tsp dried oregano  
1 block of feta  
or halloumi cheese  
approx 4 tbsp olive  
or veg oil  
salt & pepper  
optional: 4 chicken thighs

**VEGPOWER**

Find us @VegPowerUK on Pinterest  
and look up our "Traybakes" board for more ideas!  
[www.vegpowers.org.uk](http://www.vegpowers.org.uk)