



Looking Ahead:

Wednesday 22nd December
Final day of the term

Thursday 23rd December – Friday 7th
January 2022

Christmas Holidays
School closed to pupils

Monday 10th January 2022
School opens for the Spring term

Friday 28th January 2022
PTFA Quiz Night

St Peter's Advent Calendar

Ashbourne class created a beautiful picture to go in the St Peter's Advent Calendar. Their picture was window 16





PTFA Quiz – Rescheduled

We have a new date for our postponed quiz – 28th January 2022.

CHELLASTON JUNIOR SCHOOL PTFA
FAMILY QUIZ NIGHT

New date
Friday 28th January 2022—7:30pm
Via zoom in your own home

Join your resident Quiz Master
Mr Steve Beeston (CJS Assistant Headteacher)

£5 per team/household (for all the family)
Have your own drinks and snacks at the ready
Fun rounds, challenges and prizes to be won
A Friday evening in your own home, not be missed!

For a thrilling and fun evening, please complete the attached form and return to Chellaston Junior School Main Office together with your team entry fee (cash payments only please!)

The zoom link/details will be emailed to all teams a few days before the evening

By coming along, you will be supporting and helping to raise money for the pupils at Chellaston Junior School.

CJS PTFA - INSPIRING, NURTURING AND FLOURISHING TOGETHER AS A COMMUNITY!

If you filled the form and paid the entry fee for the previous date this will be carried forward and you will be entered into this new quiz. If you cannot make this new date and would like a refund please pop into the office to collect it.

If you didn't sign up but would like to join the quiz please complete the entry form and bring it in to the office along with your £5 entry fee.



Chellaston Junior School PTFA Quiz Night Entry

Name of Quiz Team/Household: _____
Name of contact/Team Captain: _____
Email: _____
Number of people in your team/household: _____
Entry Fee of £5 Enclosed _____ (entry fee is required!)
Entries to be in by Tuesday 25th January
(Please note that the zoom details and link will be sent on Wednesday 26th January to all teams who have entered)
On behalf of Chellaston Junior School PTFA, we thank you for your support and hope you enjoy the evening!

PTFA – Amazon Smile

Are you planning on doing some, or maybe even all, of your Christmas shopping on Amazon? If so, for no cost to you, you can help raise funds for Chellaston Junior School's PTFA all of which will be spent on things for the pupils.

Simply follow the instructions below to select Chellaston Junior School Parent, Teacher And Friend Association as your charity and activate AmazonSmile in the app. Amazon will donate a portion of your eligible mobile app purchases to us.

How it works:

1. Open the Amazon app on your phone
2. Select the main menu (=) & tap on "AmazonSmile" within Programmes & Features
3. Select Chellaston Junior School Parent, Teacher And Friend Association as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app

You can also do this online going to smile.amazon.co.uk/




SoccerstarsUK
AFTER SCHOOL CLUBS
Are coming to....



SoccerstarsUK



Chellaston Junior School

SoccerstarsUK specialise in After School Football Clubs, we provide an exciting football programme for boys and girls of all abilities ensuring that they can enjoy the game in a safe and positive learning environment.



-  **Highly Qualified & Trained Coaches**
-  **Fun Story Games**
-  **Dribbling & Turning**
-  **Individual Ball Familiarity**
-  **Fun Themed Tournaments**



School Years: **3 & 4**
Time: **3:30pm - 4:30pm**
Dates: **Tuesday 11th January - Tuesday 15th February**
Price: **£30.00**

School Years: **5 & 6**
Time: **3:30pm - 4:30pm**
Dates: **Tuesday 11th January - Tuesday 15th February**
Price: **£30.00**

 **BOOK YOUR PLACE NOW** 

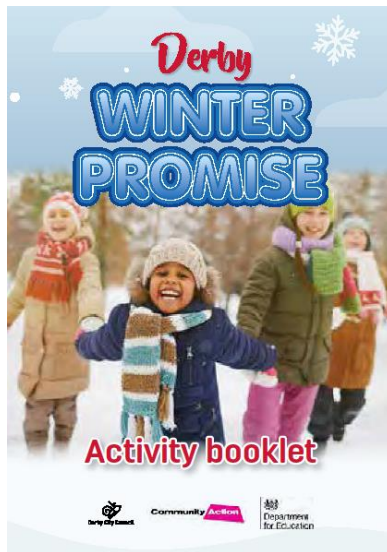
 WWW.SOCCERSTARSUK.CO.UK  01332 368000  07385 670939

SoccerstarsUK has been in partnership with the Derby County Academy Development Centres for over 10 years. During this time we have provided young, talented footballers with the opportunity to progress into both the Development Centres and the Academy.

COMING SOON IN 2022...
NEW YEARS HOLIDAY COURSES
Tuesday 4th January - Friday 7th January 2022

 **DERBY RUGBY CLUB**  **ETWALL LEISURE CENTRE**
 **KIRK HALLAM COMMUNITY ACADEMY**
 **MELBOURNE SPORTS PARK**  **THE PINGLE ACADEMY**

EARLY BIRD OFFERS ONLINE



Welcome to The Derby Winter Promise!

We are delighted to be delivering the Holiday Activities and Food (HAF) programme during Winter 2021 which is funded by the Department for Education, Derby City Council in working with Community Action Derby to put forward The Derby Winter Promise!

This booklet includes recipes, activities and sign posts to important food and physical activity information. For more details around activities, recipes, tips on healthy eating and exercise and also what's available in your ward, please visit: derby.gov.uk/derby-winter-promise

Marcus Rashford, MBE, has more to say about the HAF here: <https://haf2021.org/>

Extra activities

How many of these activities can you complete over the winter period?

- Go for a nature walk
- Make a healthy snack for your family
- Read a new book and story board in 4 images
- Create your own winter sport
- Plant some winter seedlings and watch these grow
- Make one of our fab recipes and share with us!

We'd love to know what you complete! Email us at DerbyHAF@derby.gov.uk



8 tips for eating well

- 1 Base your meals on starchy foods
- 2 Eat lots of fruit and veg
- 3 Eat more fish - including a portion of oily fish a week
- 4 Cut down on saturated fat and sugar
- 5 Eat less salt - no more than 6g a day for adults
- 6 Get active and be a healthy weight
- 7 Don't get thirsty
- 8 Don't skip breakfast

Ratatouille

This is a French stew made with lots of veg - it's delicious hot or cold. Our version uses less oil than a traditional ratatouille.

What you need:

- 2 medium courgettes
- 1 medium aubergine
- 1 red pepper
- 1 yellow pepper
- 2 medium onions, red or white
- 4 ripe tomatoes
- 2 tablespoons olive oil
- 1 teaspoon tomato purée
- 2 large garlic cloves
- 1/4 teaspoon ground coriander
- black pepper

Step 1: Put your oven on to 220°C, 440°F or gas mark 7. Chop the ends off the courgettes and aubergines and skin the onions. Remove the stalk from the peppers and chop them in two so you can take all the seeds out. Now chop all the veg up into 1.5cm chunks.

Step 2: Put all the veg (except the aubergine) in a roasting tin and pour the oil over them. Stir them around to spread the oil out and then mix the aubergine in. Once the oven is hot, cook the veg, taking them out every 10 minutes or so to turn them over.

Step 3: When the veg are starting to go soft and have browned a little, transfer them to a large sautépan. Crush the garlic cloves and pour up the leaves from one of the basil sprigs - then add these to the veg with the tomato purée, pan and cook the mixture on the hob until it's rather pulpy - this will probably take between 20 and 40 minutes.

Step 4: Serve onto plates and sprinkle a few torn basil leaves on top. This is a great accompaniment to grilled meat, served with pasta or some crusty wholemeal bread, or just on its own.

Bread in a bag

Ingredients

- 10g wholemeal bread flour
- plus 1 tsp extra
- 10g white bread flour
- 1/2 tsp salt
- 1 x 7g sachet of dried yeast
- 150ml lukewarm water for 75ml milk and 75ml lukewarm water

You will also need

- A large reusable food bag
- Foil

Step 1: Cut a piece of foil about 80cm long (fold it in half, then scrunch up the corners to make your own baking tray).

Step 2: Put the empty bag on the scales. Measure both flours into the bag. Add the salt and dried yeast. Seal the bag and give it a good shake.

Step 3: Open the bag and add the water (and milk, if using). Squeeze out the air and re-seal the bag.

Step 4: Knead dough in the bag with the heels of your hands until it's all blended, turning occasionally. Knead for at least 10 mins until dough doesn't stick to the bag.

Step 5: Dust the table with flour. Take dough out of the bag and knead a couple of times.

Bread in a bag

Step 6: Shape the dough with your hands. Be creative! You can try all sorts of shapes, round, oval, or even square.

Step 7: Put your loaf in the foil tray and place on a baking tray. Sprinkle with flour. Lay the bag over the top. Leave to rise for 45-60 mins in a warm place.

Step 8: Heat an hour before baking pre-heat the oven to 220°C/200°C Fan/Gas 7. Remove the bag. Put the bread in the oven. Bake for 20-25 mins until risen and golden.

Step 9: The bread should sound hollow when tapped on the bottom. Place on a rack to cool before serving.

Make a super smoothie

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them! All you need are your ingredients and a blender.

Simple Strawberry Smoothie

- 5-6 strawberries
- 1 Cup strawberry yogurt
- 1 Cup orange or apple juice

Blend ingredients until smooth.

Can you design your own delicious super smoothie recipe?

Sports wordsearch

Can you find all the sports word in the wordsearch below?

T	G	Y	M	N	A	S	T	I	C	S	H
Y	J	U	D	O	T	F	N	Q	B	A	L
X	E	H	A	W	H	F	D	B	A	I	K
R	E	O	T	C	L	O	G	K	S	L	E
A	V	C	G	R	E	O	H	L	K	I	T
B	Y	K	R	I	T	T	E	T	E	N	T
R	O	E	L	C	I	B	W	D	T	G	E
X	U	Y	E	K	C	A	O	I	B	S	N
U	C	G	R	E	S	L	Y	V	A	P	N
L	I	B	B	T	L	E	I	L	H	I	
Y	E	C	R	Y	L	G	A	N	L	U	S
W	R	E	S	T	L	I	N	G	R	F	O

Athletics
Basketball
Cycling
Diving
Football
Gymnastics
Hockey
Judo
Rugby
Sailing
Tennis
Wrestling

Me sized portions

This easy to use portion size guide can be used for all age groups as hand size is relative to body size in the majority of cases.

Hand size models are simple to use and require no weighing or measuring equipment. Remember to use your child's hand when serving their meals rather than your own.

- Flat** - vegetables and fruit
- Two fingers** - cheese
- Fingertip** - fats
- Palm** - protein

Design your own sport

Not happy with football? Netball too boring? Rugby too aggressive? Do you find basketball has too many rules? Tennis too difficult? Here's your chance to design a sport for you and your friends to play!

You will need to include the following information:

- A name for your sport
- A locality/ pitch/ court etc including a diagram
- A full description of the rules including scoring, timings, number of players etc.
- Equipment needed

Wild World Heroes

Why not take part in our Wild World Heroes winter reading challenge?

For more info, go to inlibrary.org.uk/libraries

This activity pack was proudly put together by Derby City Council in collaboration with...