



Looking Ahead:

Thursday 16th December

Christmas Dinner

Xmas Jumper Day (1)

Friday 17th December

Scroogical – Xmas Panto

Reindeer Dash in aid of TreeTops (info in next week's newsletter)

Xmas Jumper Day (2)

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

Absence/Early Pick-up

Can we please remind parents that if your child is going to be absent you need to either email admin@cjs.derby.sch.uk or phone 01332 701460 and leave a message on the absence answer phone.

If your child needs picking up early for an appointment can you please let the office and the class teacher know what time and who will be doing picking up. This is particularly important if it isn't going to be mum or dad collecting.

Thank you for your assistance with helping us keep your child/ren safe.

Reindeer Dash

The Reindeer Dash, in aid of Treetops Hospice will be taking place in school on Friday 17th December. Mrs Morgan has organised the activities. Children will have come home with sponsor forms. If you prefer to donate online you can do so by visiting <https://do-your-own-fundraising.treetopshospice.org.uk/chellastonjuniorschool>.

Poppy Appeal

A thank you has been received from the Royal British Legion for our fund raising. We raised a whopping **£847.99** – amazing!

Thanks to everyone who donated or bought some of the poppy related items.





cyclederby
Christmas Holiday 2021
www.cyclederby.co.uk

Learn to Ride 3+

50 Minute Lesson for £20
Location : Markeaton Park
Children getting onto two wheels for the first time or have almost mastered it.

Own bike preferred but not essential

Dates & Times

- 29 & 31 Dec 2021
- 4 & 5 Jan 2022
- 10.00am - 3.30pm

Pop up Cycling 4-6

Location : Markeaton Park
£10 for the hour.
Cycling for those new to 2 wheels! Come along & have a Go in our mini club.

You need:

- Your own roadworthy bike & helmet
- To be able to ride unaided
- A drink

Dates & Times

- Tuesday 4 Jan 2022 1-2pm

Holiday Club 6-12

Location : Moorways Stadium Derby
Cost £15
Two hours of fun building confidence and learning new skills

You need:

- Your own roadworthy bike & helmet
- To be able to ride unaided
- Snacks and drink

Dates & Times

- Thursday 6 Jan 2022 10-12pm

All activities must be booked in advance [cycle_derby](#) [cyclederby](#)

Please call: 01332 641747 or email: cyclederby@derby.gov.uk

Appropriate Covid-19 safety measures will be in place

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.

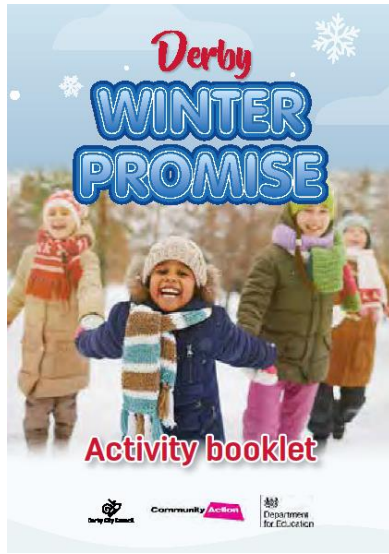
How it works:

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/



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...

This booklet includes recipes, activities and sign posts to important food and physical activity information...

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

- Base your meals on starchy foods
Eat lots of fruit and veg
Eat more fish - including a portion of oily fish a week
Cut down on saturated fat and sugar
Eat less salt - no more than 6g a day for adults
Get active and be a healthy weight
Don't get thirsty
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
2 yellow peppers
2 medium onions, red or white
4 ripe tomatoes
2 tablespoons olive oil
2 tablespoons 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 of the courgettes and aubergines and skin the onions...

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...

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...

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...

- Ingredients:
1kg wholemeal bread flour plus 1 tbsp extra
1kg white bread flour
1/2 tsp salt
1 x 7g sachet of dried yeast
15ml 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 (old if in a 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

Bread in a bag



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

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

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?

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.



Sports wordsearch

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



- Athletics
Basketball
Cricket
Diving
Football
Gymnastics
Hockey
Judo
Rugby
Sailing
Tennis
Wrestling

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



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

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

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

