



NL15; 17<sup>th</sup> July 2020

## Newsletter

### Friesland Re-opening

Thank you for all the views and questions we had on the re-opening proposal. We have taken those responses, along with those from staff, and have begun work on our formal risk assessment. We will share the full plan with staff and parents in mid August and again in early September, as we fully expect government guidance to change over the next month.

A few pointers to think about for September:

- Those students who use buses, either school or public, will need to wear face coverings. We recommend that you purchase washable ones these rather than rely on disposable
- We will be fully cashless from September, so it important that all parents are signed up to parent pay

There will be more detail to follow on this in late August and early September

### Summer Holiday

We'd like to take this opportunity to thank all of our students (and parents!) for the hard work you have put into making the closure work. As a community we have really come together to make the best of a difficult situation, which wouldn't have been possible without the effort everyone has put into it.

It is really important that we all now take our summer break; some of you will be nervous about returning in September, but we will have a plan in place to welcome you all back successfully, catch up on what anyone might have missed and consolidate your remote learning. The following link may help you if you are worried about returning to school:

- <https://www.annafreud.org/media/12101/final-selfcaresummer-secondary.pdf>



Have a wonderful summer,  
remember, students return to Friesland on  
Monday September 7<sup>th</sup>

### Friesland Staff Leaving in 2020

Please watch follow the link to our remote assembly, which celebrates those staff who are leaving us this summer. We thank them all for their contribution to our school during their time with us and wish everyone all the best in their future careers.

[frieslandschool.com/assembly](https://frieslandschool.com/assembly)

Two very big contributors to Friesland School over the past 20 years are leaving us this summer; Mr Hardy and our Headteacher Mr Monk. I am sure you would like to join the staff of Friesland in thanking them for their incredible service over the years and for the significant role they have both played in making Friesland the wonderful school it is.

The video also contains a message from your teachers to end the term, we have missed those of you we have not seen since March, and cannot wait to see everyone again in September. Friesland will be a different place, with a new timetable designed to keep everyone safe whilst maintaining our excellent curriculum, but it will still be the same brilliant, friendly school. So, have a great summer and we will see you all in September!

### Links to local support

Below are 2 links to local support structures and systems over the summer break, well worth a look if you have any concerns or need specialist support or guidance

- <file:///C:/Users/cxp/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/A50Y04R5/MentallHealthySchools%20Kit%208.pdf>
- <file:///C:/Users/cxp/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/A50Y04R5/Community%20update%20vol2%20-%20Erewash%206.7.20.pdf>

# Mr Monk's Recipe of the week

## Chocolate Celebration Cake

A delicious chocolate cake to celebrate Mr Monk's retirement. Nearly as good as Costco!!

### Ingredients:

All the ingredients should be readily available at the moment

For the cake:

- 200g butter, softened
- 200g caster sugar
- 4 eggs
- 140g plain flour
- 60g cocoa powder
- Pinch of salt
- 2 tsp baking powder
- 400g chocolate fingers (2 packs)

For the buttercream

- 250g of butter, softened
- 500g icing sugar
- 100g dark chocolate melted and slightly cooled

### Method

- Preheat the oven to 180°C and line a 20cm round, deep cake tin with baking paper
- Cream together the butter and sugar in a large bowl until pale, add 2 of the eggs ½ of the flour and mix well. Add the other 2 eggs, rest of the flour, cocoa powder, salt and baking powder then beat for a minute or two.
- Dollop the mix into the prepared tin and bake in the oven for 30 – 40min, until a skewer comes out clean. Leave to cool in the tin.
- Whilst the cake cools, make the butter cream. Place the butter and icing sugar in a bowl and whisk until fluffy. Add the cooled melted chocolate and whisk for a further 2mins.
- Once the cake has completely cooled remove from the tin, turn the cake upside down and split the cake in half horizontally, then sandwich the top and bottom back together with a 1cm layer of the buttercream.
- Spread half of the remaining buttercream over the sides and top of the cake, making it as smooth as possible. Put in the fridge to set before using the last buttercream to add another layer.
- Gently push the chocolate finger vertically onto the sides of the cake so they they go all the way round and touch the bottom of the cake.

### Tips:

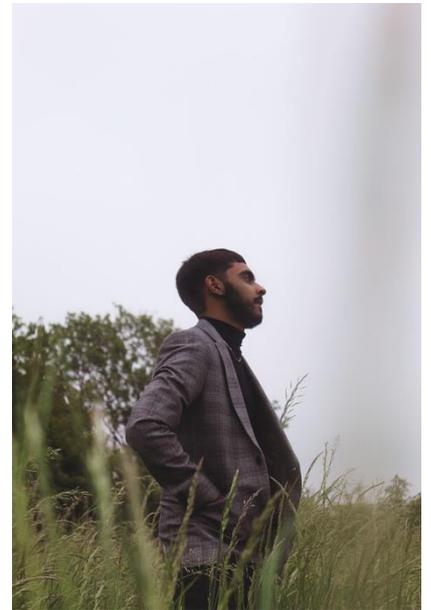
- To save time, you could buy a buttercream ready made, there are lots available
- Your chocolate fingers will create a 'crown' around the cake, you can then top with the fruit of your choice, or anything you fancy; strawberries, cherries, chocolates
- If you don't have a deep tin, use 2 shallow tins



# Lockdown stories

## Alex Batchelor (Year 12)

"during the time off school me and my friend did a social distanced photoshoot and these are some of my favourite shots"



## Finn Reilly McQueen (former student)

I developed OHM Resistance Design over 12 weeks of lockdown, starting with the product I made for my EPQ which I completed last year. I have designed, marketed and manufactured resistance devices for canoe slalom athletes. They add various amounts of drag to the boat, improving athlete's speed, power and acceleration during training. I am studying Product Design Engineering at University so this is great practice for in terms of my future career. My personal highlights so far have been selling a product to an athlete who is training for the Olympics next year and an athlete from America.



OHM.



A resistance training device for Canoe Slalom athletes

Improve your speed, power and acceleration by training with increased drag

