

MATHS 4 PARENTS!

KEY STAGE 3 AND 4

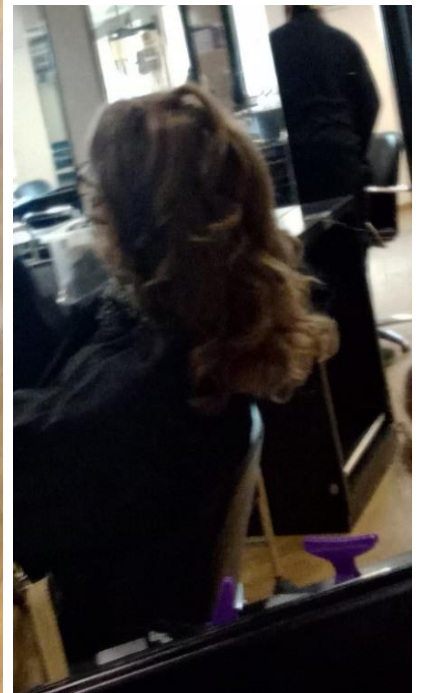
THE TRAINING INITIATIVE.

For those whose children are in Key Stage 3 and 4 there is a bespoke programme of support for each level consisting of:

- Live termly webinars
- Self-paced online learning
- Short, bitesize videos accessible on computer or mobile

There are modules for each topic of the curriculum and you have the freedom to select which ones you want to complete at a time and place to suit you.

Go to: <https://www.thetraininginitiative.com/maths4parents> for more information.



TAMWORTH COLLEGE – HAIR AND BEAUTY

It comes as no surprise to say that Natalia and Poppy passed their assessment with flying colours – excellent use of hot rollers to create these beautiful hair designs. We are very proud of their achievements – lots of hard work and dedication.

Thank you, Mrs Jackson, for the photos and the ongoing support for students at college.

WE ARE HERE
FOR YOU



Chicken Shawarma (Middle Eastern)

The smell when this is cooking is outrageous! The marinade is very quick to prepare and the chicken can be frozen in the marinade, then defrosted prior to cooking. Best cooked on the outdoor grill / BBQ. Serve with Yogurt Sauce or the Tahini sauce ([Best Tahini Sauce.docx](#)). Add a simple salad and flatbread laid out on a large platter, then let everyone make their own wraps!

Prep Time: 10 mins | **Cook Time:** 10 mins | **Total Time:** 20 mins | **Servings:** 2

Ingredients

200kg chicken thigh fillets, skinless and boneless

Marinade

2 cloves garlic, minced

1 tsp coriander powder

1 tsp cumin powder

1 tsp cardamom powder

½ tsp cayenne pepper powder

½ tsp smoked paprika

½ tsp salt

¼ tsp Black pepper

½ tbs lemon juice

¾ tbs olive oil

Yoghurt Sauce

¼ cup Greek yoghurt

½ tsp garlic granules

¼ tsp cumin

Squeeze of lemon juice

Salt and pepper



To Serve

1-2 flatbreads (Lebanese or pita bread or homemade soft flatbreads)

¼ cup Sliced lettuce

½ Tomato slices

½ Red onion, finely sliced

Cheese, shredded (optional)

Instructions

Marinade chicken - Combine the marinade ingredients in a bowl. Add the chicken, mix well to make sure each piece is coated. Marinate 24 hours (minimum 3 hours).

Yogurt Sauce - Combine the Yogurt Sauce ingredients in a bowl and mix. Cover and put in the fridge until required (it will last for 3 days in the fridge).

Preheat stove or BBQ - Heat a large non-stick skillet with 1 tablespoon over medium high heat, or lightly brush a BBQ hotplate/grills with oil and heat to medium high. (See notes for baking)

Cook chicken - Place chicken in the skillet or on the grill and cook the first side for 4 to 5 minutes until nicely charred. Turn and cook the other side for 3 to 4 minutes (the 2nd side takes less time).

Rest - Remove chicken from the grill and cover loosely with foil. Set aside to rest for 5 minutes.

To Serve

Slice chicken and pile onto platter alongside flatbreads, Salad and the Yoghurt Sauce (or dairy free Tahini sauce from this recipe).

To make a wrap, get a piece of flatbread and smear with Yoghurt Sauce. Top with a bit of lettuce and tomato and Chicken Shawarma. Roll up and enjoy!

Have a go and send in photos! We've already received some from last week – well done!

Mrs Barker, Mrs Rathour and Mr Round of the Food Team

Wellbeing Weekly



Before Messi and Ronaldo, there was Pele. Pele was a Brazilian professional footballer who played as a forward. He is often regarded as one of the greatest players of all time and labelled "**the greatest**" by FIFA.

Pele sadly died on 29th December 2022, but his legend will live on.

Pele's quote teaches us that **great satisfaction** comes from **overcoming challenging obstacles**. It takes **hard work**, but in taking things **step by step** you can **achieve great things**.

What difficult victory are you working towards?



**"THE MORE
DIFFICULT THE
VICTORY, THE
GREATER THE
HAPPINESS IN
WINNING."**

PELE

