



**Martin Luther King Day** is celebrated this year on 16 January. King was the spokesperson of **non-violent** activism in the Civil Rights Movement which protested against racial discrimination that was in still in US federal law at the time. Sadly, he was assonated in 1968. However, he leaves a legacy of hope for many and a message that **non-violent protest** can bring change.

He showed how **anger** can frustration can be channelled. Below are tips about how to manage anger better.

## How to Manage Your Anger

Identify triggers and warning signs

Walk or exercise

Talk to somebody

Step away from the situation

Try breathing or muscle relaxation

Reframe your thinking



1 tsp Oil  
200g Lamb mince  
2 Garlic Cloves, crushed  
½ tsp Ground cumin  
¾ tsp Ground coriander  
½ tsp Onion powder  
½ tsp Smoked paprika  
½ tsp Sea salt  
½ tsp Freshly ground black pepper

**Start with making the pitta bread recipe – or use bought ones. See below.**

Preheat the oven to **200C**. Brush the oil over a 1kg loaf tin.

Tip the mince into a large bowl, add the garlic, spices and seasoning and mix with your hands until smooth. Press into the loaf tin and bake for 20-30 minutes. Set aside until cool enough to handle.

Prepare additional fillings of lettuce, onion, tomato and mint yoghurt.

Turn the meat out of the tin and slice the kebab lengthways into thin strips. Open up each pitta to create a pocket and pile in the salad ingredients and meat. Add chilli sauce and yoghurt, plus pickled chillies if using.

100 g bread flour  
7g active yeast  
½ tsp sugar  
½ tsp salt  
90 ml water, at room temp  
1 tbsp (14 ml) veg oil

**doubled in size**, for about 1 hour.

Preheat the oven and your baking stone or simply a baking sheet to **240C**.

Turn dough onto a lightly floured surface and divide into **2** pieces. Shape each into a ball.

Using a rolling pin, roll each dough ball into a circle that is about **7-8 inches (18-20cm)** in diameter and **1/4-inch (6mm) thick**. Don't make them thinner or they won't rise.

Place pieces of dough into the preheated stone or baking sheet and bake for **3 or 4 minutes**. The pita should be completely puffed, and form a pocket in the centre.

Wrap the pitas in a large kitchen towel to keep them soft.

## Doner Kebab with Homemade Pitta Breads

Serves 2



### Mint yoghurt

Mix together **2 tbsp** of yoghurt with a pinch of salt, 2cm of chopped up cucumber and shredded mint leaves.

## Homemade Pitta Breads

In a large bowl **mix flour with yeast, sugar and salt**. Stir to combine. **Add water and vegetable oil** and **knead well until smooth and elastic**. Transfer the dough to an oiled bowl, **cover with plastic wrap** and let it **rise until**

### To serve

2 Pittas  
¼ [Iceberg lettuce](#), finely shredded  
¼ [Red cabbage](#), finely shredded  
½ [Red onion](#), thinly sliced  
½ Red [pepper](#), sliced  
1 tbsp [Chilli sauce](#)  
2 tbsp Low-fat plain [yoghurt](#)  
1 tbsp Pickled [chillies](#) (optional)



Students have been learning to build chimneys at TORC. No idea there were different types! They learned to build a twisted chimney as well as a straight chimney. Team work has again been impressive.



## PRD - January 2023

**Thank you** to all those who were able to attend on Monday. It was great seeing/meeting people and discussing further ways we can support your child in school.

### Careers Support for Year 11s

Miss Wright was delighted to meet so many Year 11 students. On Friday 20 January and again on Friday 27 January she will be leading additional support for students, helping them have a go at a mock interview, so that when they have their college or work placement interviews in the coming months it should be less stressful. Students are encouraged to come to school dressed as if they were to attend an interview. Lots of support will be given before and after to ensure students can get the most out of the experience.

