

As exams near, we are thinking about ways to manage stress. Everyone is different – but hopefully some of the techniques outlined below might help.

Calming STRATEGIES

take a deep breath

count to ten

draw or doodle

read a book

hug a cuddly toy

listen to calm music

drink some water

play with playdough

build a tower with blocks

make a yoga pose

blow bubbles

sing a song

Rainbow GROUNDING TECHNIQUE

Take a deep breath, look around you and try to find an object for each of the colours of the *Rainbow*.



Star BREATHING



Do you have any handy tips that can be shared with everyone. Please send them to Sophie.norrington@kettlebrook.staffs.sch.uk

WE ARE HERE
FOR YOU



Some will say that a bit of stress can help us do better. Stress can also be a natural reaction to things like exams. But we all need to be able to identify stress in ourselves and find positive ways of managing it. Everyone will feel stressed sometimes.

What kind of Stress is it?	
Positive Stress React to something new and exciting. You feel determined and productive. Empowers us to tackle challenges.	Negative Stress Reaction to something difficult or distressing. You feel distracted and weighed down. Makes us feel helpless against challenges.



Well done Josh for completing your Food for your qualification. Looks delicious!!

TAKE NOTICE – PHOTO COMPETITION

We would like to encourage everyone to take time to look around and **TAKE NOTICE**.

There are prizes for selected photos from students, staff AND PARENTS and some maybe displayed in school and in the Wellbeing Weekly.

The categories are:-

- Animals**
- Nature**
- Buildings**
- Landscapes**

Send your photos to jo.potter@kettlebrook.staffs.sch.uk

Cottage Pie with Cheesy Mash

The Hairy Bikers' warming cottage pie is topped with delicious creamy cheesy mash. It's comfort food at its very best. **Prep time:** | 20 mins | **Cook time:** 35-45mins | **Serves:** 4

Ingredients

- ½ **tblsp** oil
- 1 onion, chopped
- 1 celery sticks, finely chopped
- 1 carrot, peeled, finely chopped
- 1 garlic clove, peeled, finely chopped
- 150g lean beef mince
- 1 **tblsp** plain flour, mixed with 100ml cold water (slurry)
- 200ml beef stock
- 1 **tblsp** tomato purée
- ½ **tsp** dried mixed herbs
- 1 dried bay leaf
- Splash** Worcestershire sauce
- ½ **tsp** salt
- ¼ **tsp** freshly ground black pepper

Method

Preheat the oven to **200C**.

Heat oil in a pan over medium heat and gently **fry the onion, celery and carrots for 7-8 minutes**, or until the onions are softened and lightly coloured. **Add the garlic and cook for 2-3 minutes.**

Add the beef mince and cook for 4-5 minutes, stirring frequently, until the meat is browned all over.

Add flour/water slurry and stir well for a few minutes to prevent any lumps from forming.

Gradually add the beef stock, tomato purée and dried herbs. Bring the mixture to a **gentle simmer**, then **cover with the lid and cook** over a low heat for **15-20 minutes**, stirring occasionally, until the mince is tender and the sauce has thickened.

Season with a **splash of Worcestershire sauce and salt and freshly ground black pepper.** Remove from the heat, spoon into an ovenproof dish and set aside.

Top with the cheesy mash

Bake for around 25 minutes, or until the potatoes are golden-brown and the filling is bubbling up around the edges.



For the cheesy topping

- 800g potatoes, peeled and cut into even-sized pieces
- 40g butter, cubed
- 3 **tblsp** milk
- 100g mature cheddar, grated
- salt and freshly ground black pepper

Method

Boil potatoes, reduce the heat to a simmer, cook for about 15 minutes, or until the potatoes are very soft.
Drain the potatoes, add butter, milk and cheese and mash until smooth and creamy. Season with **salt and black pepper.**



Spicy Lasagne

This baked pasta dish with chillies has a lovely browned crust when it comes out the oven. When served, it oozes a great tasting cheesy white sauce over wonderfully browned minced meat with fantastic flavour.

Prep time: 20 mins | **Cook time:** 30 mins | **Total time:** 50 mins | **Serves:** 2

For the meat sauce

125g Minced beef
½ tin Tinned plum tomatoes
½ medium Onions, (diced)
1 clove Garlic, (finely chopped)
¼ cup Beef stock
¼ tsp Fresh oregano
1 to 2 Fresh red chillies, (chopped)
1/8 tsp Salt
¼ tsp Pepper
Pinch Ground nutmeg

For the white sauce

185ml Full fat milk
1 Shallot, finely chopped
¼ tsp Freshly ground black pepper
1 tbsp Butter
1 ½ tbsp Plain flour
50g Mozzarella cheese, (shredded)
12g Cheddar cheese

For assembly

75g Lasagne sheets – approx.
½ tsp Chilli flakes
½ tbsp Parmesan cheese

For the meat sauce

- Fry the **bacon** in a pan with the **olive oil** until the fat has rendered.
- Add **onions** and fry until translucent. Add the **oregano and garlic**. Fry for a couple of minutes
- Add the **mince, salt and pepper** and cook until beginning to brown.
- Sprinkle with **nutmeg** and **tomato paste**, stir in the **tomatoes** and **stock**.
- Allow to simmer for about 20mins.
- Add the bacon and stir.

For the white sauce

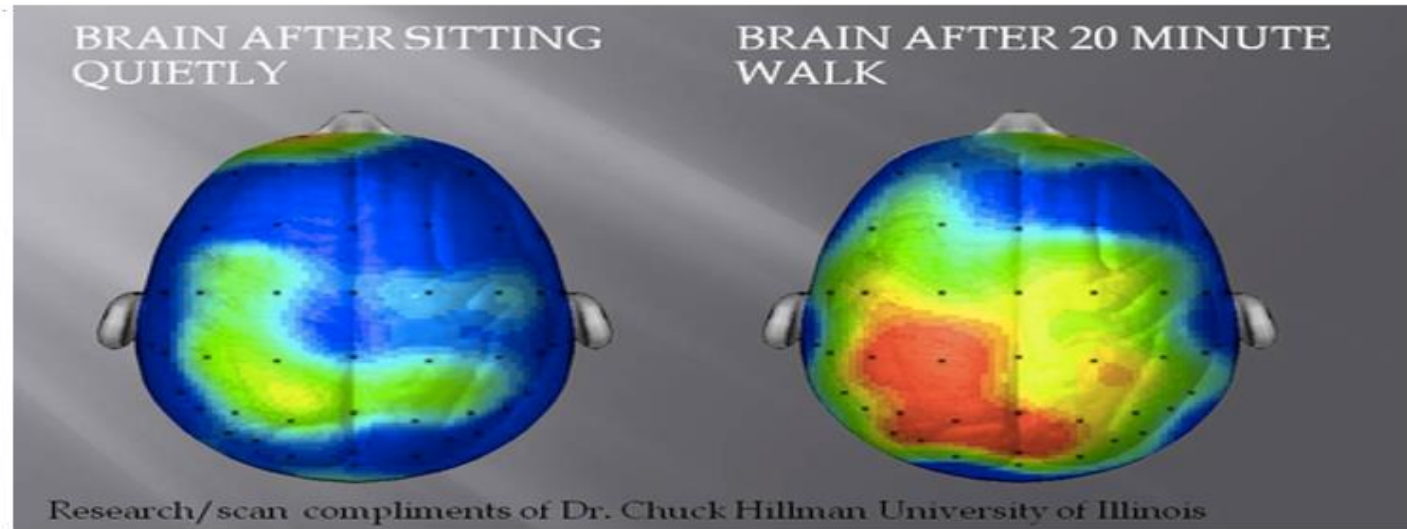
- Heat the **butter** in a pot. Add the **black pepper**. Stir for 30 seconds
- Add the **leeks/shallots** and fry for two to three minutes, stirring continuously
- Add the **flour**. Combine with leek. Allow to become a slightly light brown nutty colour
- Add the **milk**. The sauce will begin thickening.
- Using a blender, blend the sauce until smooth (whilst still in the pan)
- Now add the **mozzarella and cheddar**. Stir until the cheese has melted and the sauce is entirely thick

To assemble

- Preheat the oven to **180C**
- Using a ladle, scoop a layer of the **meat sauce** into an oven to table dish
- Next, cover the meat sauce with **lasagne sheets**.
- Now scoop a layer of the **white sauce** over the sheets.
- Continue creating layers in this fashion, ending with a layer of white sauce
- Sprinkle parmesan cheese and chilli flakes over the top layer.
- Place in preheated oven and bake for 40 to 50 minutes until browned.
- Remove and serve.



Mr. Hall's Health & Fitness



FOUR WAYS EXERCISE CAN RELIEVE EXAM STRESS

Feeling sluggish and de-motivated during the mock exam period? Exercise could be the fix you need. It might seem like you don't have the time for anything but revision right now, but taking time to fit in some movement can have huge benefits.

1. Exercise relieves stress
2. Exercise improves memory retention
3. Exercise increases focus and concentration
4. Exercise boosts your energy