



BOOK YOUR OPEN DAY SPACE AT

[Open days – South Staffordshire College \(southstaffs.ac.uk\)](https://southstaffs.ac.uk)

The next open day is on Saturday 20 January. There is a big range of courses that you can consider at the different venues:- Rodbaston, TORC, Lichfield College and Tamworth College.

Start finding out not just what you want to do after you leave Kettlebrook, but also the courses you don't want to do!



South Staffordshire College are also offering taster days in February half term (12th – 16th February). These are special event days arranged across the 4 campuses :

Tamworth, Lichfield, Rodbaston, Torc

Mrs Wright (Careers) is available to speak to students on Mondays and Wednesdays – please ask any member of staff if you need support with this.....

WE ARE HERE
FOR YOU



OUT OF MY CONTROL

How others
treat me

Other people's
expectations

Family
dynamics

IN MY CONTROL

My thoughts

The past

My actions

Mindful eating

What
happens in
the future

Setting My
boundaries

How i speak to
myself

Family
member's
behaviour

Taking a break

Other people's
reactions

the outcomes
of my efforts

EDP
Empowerment Overlog/People



Help with the shopping.

Try and write down your thoughts.

Smile and say hello when you get home.

Look in the mirror and say 3 positive things about yourself.

THIS YEAR:

Break a bad habit,
learn a new skill,
do a good deed,
visit a new place,
read a difficult book,
write something
important,
try a new food,
do something good
for someone who
cannot thank you,
take an important risk.





American Pancakes

Ingredients

- 100g self-raising flour
- 3/4 tsp baking powder
- 1/2 tbsp golden caster sugar
- 2 large eggs
- 12g melted butter, plus extra for cooking
- 100ml milk
- vegetable oil, for cooking

To serve toppings of your choice.

Method

1. Mix 200g self-raising flour, 1 1/2 tsp baking powder, 1 tbsp golden caster sugar and a pinch of salt together in a large bowl.
2. Create a well in the centre with the back of your spoon then add 3 large eggs, 25g melted butter and 200ml milk.
3. Whisk together either with a balloon whisk or electric hand beaters until smooth then pour into a jug.
4. Heat a small knob of butter and 1 tsp of oil in a large, non-stick frying pan over a medium heat. When the butter looks frothy, pour in rounds of the batter, approximately 8cm wide. Make sure you don't put the pancakes too close together as they will spread during cooking.



Well done Kenan – the first to complete his BTEC Food Qualification – thank you Mrs Barker.



Sweet and Sour Chicken with Egg Fried Rice

Serves 1

- 1/2 Chicken Breast
- 1 egg, beaten (1/2 for sauce)
- 1/2 tbsp Cornflour
- 1/4 tsp Salt
- 1/4 tsp Black pepper
- 1/4 tsp paprika
- 2 quarters of a pepper (different colours), chopped
- 1 clove garlic, finely chopped
- 1/2 Onion, chopped

The sauce

- 1 tbsp Soy sauce
- 1/4 tbsp Vinegar
- 1 tbsp Sugar
- 1 tbsp Ketchup
- Pinch of Salt
- 1 ring Pineapple, cut into small pieces.



Method

Butterfly chicken breast: wash, cut into chunks. Mix in a bowl with salt, black pepper, paprika and half of the beaten egg. Sprinkle in the cornflour, mix well and leave for five minutes.

Chop up peppers, onion and garlic

In a small bowl mix in ketchup with salt, vinegar, soy sauce and sugar.

At this point start the rice.

Heat oil in a pan, add coated chicken and leave on one side for three minutes until browned and crisp. Turn afterwards and colour on the other side.

Remove chicken from pan and add vegetables and garlic. Fry for 3 minutes.

Add the ketchup mix sauce. Stir for two minutes then add the chicken and pineapple.

Serve with egg fried rice.

Egg Fried Rice

35g white rice

15g Peas/soybean

Pinch of salt

Boil kettle: Wash rice thoroughly until the water runs clear.

Add rice to a saucepan and cover with water, just above the rice. Cook with a lid for 10-12 minutes on a low heat.

In a pan create a mini omelette with the remainder of the egg from the chicken recipe. Add salt. Do this on a low heat so the egg is soft.

When the omelette is cooked shred it into small pieces on a chopping board.

When rice is cooked allow to cool slightly.

On a high heat add the cooked rice to frying pan with a tiny amount of oil. Stir in chopped egg and any peas/soybean.

Science lesson –the consistency of play dough and how it is made! What happens when water is added?



ENRICHMENT ACTIVITIES – FRIDAY 12 JAN

Hair and beauty – beautiful nails and hair, thank you Mrs L-J and Ms Smith.



More climbing wall fun, thanks Mr G for arranging.





Mr. Hall's Health & Fitness

6 SIMPLE FITNESS TIPS YOU SHOULD FOLLOW DAILY



**WAKE UP AND
DRINK WATER**



**WORKOUT
IN THE MORNING**



**FIND A FIT
FRIEND**



**WALK WHERE
YOU CAN**



**EAT THE RIGHT FOODS
AND PORTION EACH MEAL**



**GET TO BED
ON TIME**

WE ARE HERE
FOR YOU

