

Mr G has arranged the most amazing opportunity for Sid to visit and observe *Upstairs* in Lichfield. This is a Michelin Star restaurant led by chef Tom Shepherd.



*Thank you to Tom Shepherd for welcoming Sid into the kitchen and for his staff for spending time showing Sid some of the workings of the kitchen on a busy prep day.*

- Make someone a cup of tea.
- Open the door politely for someone coming past.
- ‘Pay a compliment’ – say something kind.



WE ARE HERE  
FOR YOU



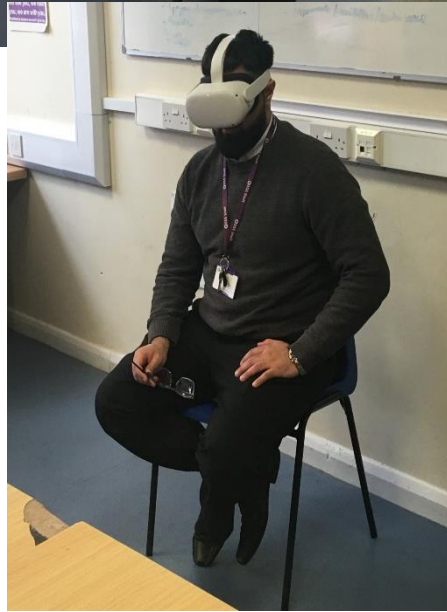
2023-24 Issue 21, 23 Feb 2024  
Kettlebrook Short Stay School,  
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office@kettlebrook.staffs.sch.uk



**Thank you**  
to Natalie  
McGrath and  
her team  
who are  
working with  
our students  
to design  
engaging

learning resources about knives. Students used VR headsets and are going to have an ongoing programme of lessons. It is a difficult subject and our visitors were impressed by the engagement of our students, in particular Harvey.

Thanks to Mr Arif and Miss Bailey for supervising the morning.



## Enrichment Activities



# STAY SAFE ONLINE

1

Don't share your personal information



2

Only talk to people that you know



3

Don't meet up with anyone you have only met online



4

Only accept friend requests from people you know personally



5

Always think carefully about what you post



6

Make use of the privacy settings on all of your social media accounts



7

Remember that not everyone online is who they say they are



8

Report inappropriate content immediately



9

Only share images that you'd be comfortable with your friends and family seeing



10

Never share your passwords



## Peri-Peri Chicken Wings (Nando's Style)

Love Nando's chicken wings? They are really easy to make at home with this Nando's Peri-Peri Chicken Wings Copycat recipe! Prep: 10 mins | Cook: 20 mins | Total: 30 mins | Serving: 1

### Ingredients

250g chicken wings (bone in, skin on)

1 clove garlic, crushed or grated

1 tbsp olive oil

½ tsp hot sauce

Juice of ½ lime (approx. ½ tbsp)

½ tsp onion powder/granules

½ tsp dried chilli flakes

½ tsp chicken seasoning

½ tsp smoked paprika

½ tsp cumin powder

½ tsp oregano

¼ tsp salt (or to taste)

¼ tsp Black pepper

Handful chopped parsley

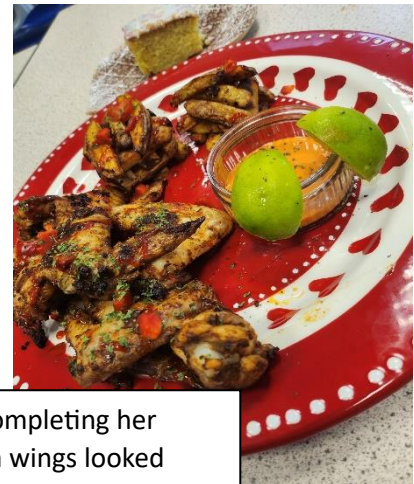
*Preheat your oven to 200C.*

1. Mix together all of the ingredients (apart from the chicken wings!) in a large bowl to create a simple marinade. Place the chicken wings in the bowl of marinade, turning to coat each piece of chicken with marinade.

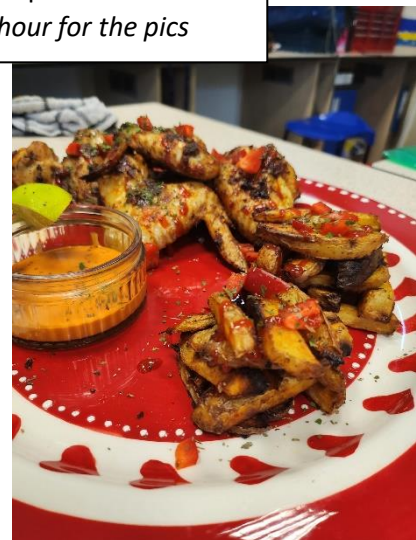
2. Cover and marinate the chicken, for at least 20min, in the fridge, if you have the time. Alternatively, just continue with the recipe.

3. Place all the chicken wings on a large non-stick roasting tray – well spaced out. Place the tray in your preheated oven.

4. Roast the chicken wings for 20 minutes, turning once after 10 minutes. Serve with all your favourite Nando's style sides!



Well done to **Ruby** for completing her Food exam – her chicken wings looked absolutely delicious along with the dip and stacked chips. Beautiful presentation as well. *Thanks Mrs Rathour for the pics*





The students always produce impressive artwork with Mrs Potter.



Beautiful pictures by Mrs Lawton – one of them was shown on TV this week!!

## Mr. Hall's Health & Fitness

### 5 EXERCISES YOU CAN DO ANYWHERE

#HerbalifeNutrition



Alternating  
**Side Squats**



Single Leg Glute  
**Bridge Lifts**



**Reverse Lunge** with  
Front Kick



Decline  
**Push-ups**



Alternating Side  
Planks with  
**Triceps Push-up**

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