

# Bannockburn News

27th April 2012



## BANNOCKBURN Primary School

### Speaking with Confidence Course

Join this 9 week course at the Burrage Centre to improve your English Language speaking and listening skills in a range of situations.

The course started on Thursday 26th April. Call 020 8312 5017 to register your interest.

### Parent Governor Elections

A reminder that Parent Governor nomination forms need to be returned by Friday 4th May.

### Polling Day Closure

Another reminder that the High Street site of Bannockburn School will be closed on Thursday 3rd May as we are being used as a polling station. We are writing to parents of Y6 pupils separately to inform them we are opening the school just for Y6 pupils in the morning between 8.55am and 12.00pm.

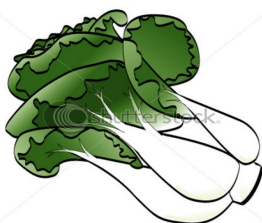
The Church Manor Way site will be open as usual.

Visit our website

[www.bannockburnprimaryschool.com](http://www.bannockburnprimaryschool.com)

### Bannockburn's 30 minute meals Thai- style steamed fish

- 2 trout fillets, each weighing about 140g/5oz
- a small knob of fresh root **ginger** , peeled and chopped
- 1 small **garlic clove**, chopped
- 1 small red **chilli** (not bird's eye), seeded and finely chopped
- grated zest and juice of 1 **lime**
- 3 baby **pak choi** , each quartered lengthways
- 2 tbsp. soy sauce



www.shutterstock.com · 11786533

1. Nestle the fish fillets side by side on a large square of foil and scatter the ginger, garlic, chilli and lime zest over them. Drizzle the lime juice on top and then scatter the pieces of pak choi around and on top of the fish. Pour the soy sauce over the pak choi and loosely seal the foil to make a package, making sure you leave space at the top for the steam to circulate as the fish cooks.
2. Steam for 15 minutes. (If you haven't got a steamer, put the parcel on a heatproof plate over a pan of gently simmering water, cover with a lid and steam.)

Serves 2- easily doubled

10 minutes preparation, 15 minutes cooking

Nutrition per serving: 199 calories, protein 29g, carbohydrate 4g, fat 7 g, saturated fat 2g, fibre 0g, salt 3,25 g

Have you tried our recipe? We'd love to know what you thought. Let us know if you enjoyed this week's quick, healthy recipe by filling in a comment card outside the school office.

Do you have any healthy family favourites of your own? Please share it with us by posting your recipe in the box outside the school office.

## ATTENDANCE

Best class attendance goes to:

Lilac Tree Class for KS1

Cherry Tree Class for KS2

Juniper Tree Class for Manor Way

What is going on  
at Bannockburn  
next week?

### Monday 30th April

Boys football match Vs. Gordon School at Long Lane Football Club

### Wednesday 2nd May

School assembly focusing on the Queens Jubilee and the Olympics.

### Thursday 3rd May

High Street Site closed for polling day except for Year 6.

Manor Way Site open as usual.

### Friday 4th May

Walnut & Chestnut tree classes visiting Trafalgar Square.

Yrs.1/2 visiting Greenwich Park.

Happy Birthday!

Happy birthday to the following children:

KI'ANNAH EKINU  
EMMA BABATUNDE  
PARITA MEHTA  
MELODY VACCA  
JAY FLEMMING  
HAYDEN KNIGHT  
ADAM GHARIB  
KRITIKA BHATTARAI  
SEUN ONAYADE

## MERITS

### BEECH

Craig Boyer

Daniel Howson

### CEDAR

Tabassum Hussain

Ebonnie Clarke

### WILLOW

Amari Bygrave

Ravjot Neta

### ACER

Eliza Dotel

Gurleen Matharu

### CHERRY

Samir Younus

Maddison Dixon

### OAK

Tosin Oloyede

Hope Wayland

### HAZEL

Ramneet Boyal

Aleena Hussain

### JUNIPER

Oliwia Mendes

Pranjal Nyaupane

### LILAC

O'Shea Anderson

Oluwafun Felizardo

Akinmola

### PINE

Jay Sanjaja

Rashae Alexis

### HOLLY

Sarai Vogel

Louis Rebelo Lebate

### SYCAMORE

Sanderika Jno-Baptiste

Uriel Meyong

### MAPLE

Alexander Keefe

Jasmine Bansal

### CHESTNUT

Parita Mehta

David Kirango

### ORANGE

Rawa Gharib

Delano Dean-Murdock

### WALNUT

Saphal Rai

Angela Abimbola