



Cuckney Church of England Primary
School
School Lane
Cuckney
Mansfield
Notts NG20 9NB
office@cuckney.notts.sch.uk



Telephone: 01623 842223

Fax: 01623 845391

Headteacher: Mrs L C Crossland BSc Hons QTS / NPQH

Dream, Believe, Achieve.

"Nothing will be impossible with God"

KS2 Cooking Club

Dear parents/carers,

Starting Tuesday 7th March I will be running a lunchtime cooking club at school. This club will be individually priced per session to cover the cost of ingredients per dish. You are welcome to sign up your child for individual days, rather than as a block, as I appreciate different people have different tastes. Each session will run on a first-come-first-served basis, with confirmation of your child's place given upon receiving payment.

Curriculum link

"Key stage 2

- *understand and apply the principles of a healthy and varied diet*
- *prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques*
- *understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed."*

'Two day' dishes.

These will be prepared during the club on the first day, slow-cooked and will be your child's school lunch on the second day, to be eaten in Welbeck class as a group.

'Same day' dishes.

These will be prepared on the Tuesday and will be eaten as soon as they are cooked. This will be your child's school lunch on the Tuesday.

How will it work?

Your child will be expected to prepare the food themselves, following a recipe and guidance from Mr Greenwood and an adult helper, developing/improving knife skills, cooking techniques and safe practice. I have undergone a food hygiene course in preparation for this club.

There are only 16 places available per week to ensure the quality, safety and hygiene of the club. Included in the price per week, as well as your child's meal, they will receive a recipe card with an ingredients list, so that they can remake the dish at home if they wish to.

The children will also be invited to critique and review the dishes after they have eaten their lunch, making notes on the recipe card of anything they could perhaps change/adapt.

Each week, once your place is confirmed upon payment, I will send home a letter detailing which day you do not need to provide your child with a lunch and if any extra equipment is required, such as an apron, or a utensil we are in short supply of (e.g. whisk). This letter will also include an ingredients list which will allow you to double check for any allergies.

If you have signed up for a week and would like your child to avoid a particular ingredient, return the letter and this will be appropriately substituted.

In the meantime, please continue to provide any kind, welcome donations of cooking equipment, such as mixing bowls, measuring jugs, mixing spoons, pots and pans, potato mashers/peelers etc. Check out the menu below, and if you would like to sign your child up for the dish on week 1 – Spaghetti Bolognese – please fill in the reply slip below and enclose the correct amount of cash.

Any further queries, please contact Mr Greenwood either in person, or at bgreenwood@cuckney.notts.sch.uk

Please have a look at the attached 'menu' and see which weeks your child would like to attend.

WEEKLY MENU

Date	Dish	One day/Two day?	Cost of session
Tues 7 th & Weds 8 th March	Spaghetti Bolognese	2	£4.50
Tuesday 14 th March	Spring Vegetable or Tomato Soup	1	£3*
Tues 21 st and Weds 22 nd March	Pulled chicken fajitas	2	£4.50*
Tues 28 th and Weds 29 th March	Cottage Pie	2	£4*
Tues 18 th April	Sausage pasta	1	£4*
Tues 25 th April	Chicken/Vegetable stir-fry	1	£3.50*
Note the following gap in dates due to SATs, residential and half-term.			
Mon 4 th and Tues 5 th June	Butter Chicken and Rice	2	£5*
Mon 11 th and Tues 12 th June	Meatball pasta	2	£4.50*

*Please note, if I have wildly miscalculated the cost of these sessions, I will amend the prices for future weeks accordingly, which will be made clear on future permission/reply slips.

Many thanks,
Ben Greenwood

I would like my child _____ to have a place at cooking club on Tuesday 7th/Wednesday 8th March for Spaghetti Bolognese.

I have read the ingredients list and enclose £4.50 cash.

Signed:- _____

Printed:- _____

Ingredients list for Spaghetti Bolognese: **(please highlight any ingredients to avoid)**
Spaghetti, minced Beef (15%), tinned tomatoes, passata, tomato puree, carrot, celery, onion, garlic, red wine, bay leaves, mixed herbs, smoked bacon, balsamic vinegar, beef stock, whole milk, red pepper/mushrooms (optional), parmesan, salt and pepper.

A risk assessment can be found at <https://www.cuckneyprimaryschool.co.uk/clubs/>