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Achieving Excellence Together in a Caring Community

Monday 8th January 2024

Dear Parents,

We need your help!

On Monday 15th January as part of our D&T project on healthy eating. The children will be making a vegan Spaghetti Bolognese.

It would be wonderful if every child could contribute an ingredient or two from the list below.

Please can our lovely class reps (Louise – Blue Class, Samira – Sapphire and Samantha - Indigo Class) help to coordinate this by distributing this list on your class WhatsApp groups so that parents can sign up for specific ingredients. This will help us collect most/all items on the list and prevent us from having 100 carrots donated. Thank you in advance to our wonderful class reps for doing this for us.

Ideally per class we require:

3 x bags of carrots (ideally 18 carrots)

6 large white onions

2 x bags of celery

6 courgettes

6 aubergines

12 peppers (any colour)

6 tins of canned lentils

6 tins of chopped tomatoes

6 cartons of passata

2 x garlic bulbs

2 x tubes tomato puree

The teachers will purchase the herbs, olive oil, stock cubes etc,

Please can you bring in the items in on Monday 15th January.

The children will also need to bring in a small chopping board, which is suitable to dice vegetables on. Please also bring in a clean glass jar (to put the cooked sauce in once we have made it). Please soak the label off in advance if possible as the children will be making their own label for the jar. If you cannot find a jar, then please bring in a takeaway container/Tupperware. You may also want your child to wear an apron so please bring one in if you have one but this is not essential though. We are also keen to have as many slow cookers as possible. We understand that these are heavy to carry so if you live close to school or drive and would be happy for us to use your slow cooker for the day then please email srankin5@suttonmail.org. I promise it will be returned sparkling clean!

We really appreciate your help with the organisation of this. It should be a lovely day learning new skills and also learning about healthy eating! The children will also take their jar of vegan Bolognese home for their family to try.

Thanks for all of your support,

The Year 5 Team