



LANSDOWNE SCHOOL NEWSLETTER

Dear parents and carers,
It's hard to believe we're already at the end of our fourth week back! It's been another busy and exciting week here at Lansdowne.

Highlights from this week

9LC's Trip to Clapham Common and Colourscape:
This week, our 9LC class enjoyed a fantastic trip to Clapham Common and visited the immersive Colourscape installation. If you ever get the chance to visit Colourscape, we highly recommend it – the experience is truly unforgettable!

After School Clubs:

After School Clubs are back in full swing! If your child hasn't signed up yet, there's still time. Please contact the School Office for more information or to register. You'll find a list of the clubs running on Tuesdays and Thursdays from 3.30-4.15pm below.

Try this at home — Nigerian Jollof Rice Recipe:

We're excited to share another favourite recipe for you to try at home: Nigerian Jollof Rice. We hope you and your family enjoy making and tasting this delicious dish together.

Thank you, as always, for your continued support. Wishing you a wonderful weekend!

—Mr Downing

Class of the Week
in KS3

Congratulations!

8FB

Class of the Week
in KS4/5

Congratulations!

12RM

After School Clubs

Tuesdays:

Choir
Computing (Years 10-14+)
Dodgeball
Table Tennis (currently full)

Thursdays:

Anime
Art
Computing (Years 7-9)
Football
Yoga



After School Clubs will continue throughout this school year. You will be informed via text and e-mail if After School Clubs are cancelled.



Dates for your Diary:

- 8th October - Enterprise Café in West Dulwich
- 10th October - Hello Yellow Day
- 24th October - End of Term
- 3rd November - School Begins (Pupils Return)

Next Friday's Assembly Class

8CS

on 3rd October
at 9.10am



Colourscape Trip

Last week 9LC went on a trip to Colourscape in Clapham Common. Here they learnt about sound and light, and experienced walking through a labyrinth of inflated, interconnected tunnels that are lit up with vibrant colours. They took part in a music workshop where they had the opportunity to play different instruments and conduct their own symphony.

—Ms Mannion



Nigerian Jollof Rice

Preparation

- 1) Wash and blend the tomatoes, red bell peppers, scotch bonnet, one onion, garlic and ginger into a smooth puree.
- 2) Pour into a pot and boil on medium heat until it reduces and thickens.
- 3) Rinse and wash the rice. Boil for about 5-10 minutes. Drain and set aside.
- 4) Hit oil in a large pot. Chop one onion and fry until translucent.
- 5) Add the thickened tomato-pepper paste. Fry for 10-15 minutes stirring continuously until the oil starts to separate from the sauce.
- 6) Add tomato paste and stir well.
- 7) Season with thyme, curry powder, bay leaves, white pepper, seasoning cubes and salt.
- 8) Pour in the chicken or beef stock. Let it boil for 5 minutes.
- 9) Add the rice into the pot. Mix thoroughly. Add extra water or stock if needed – the liquid should just slightly cover the rice.
- 10) Cover the pot with foil or parchment paper before placing the lid on. This trap steams and cooks the rice evenly.
- 11) Cook on low heat for 30-40 minutes. Check occasionally, add little water if needed but avoid stirring too much to prevent soggy rice.
- 12) Once the rice is cooked and liquid absorbed, turn off the heat. Fluff gently with a fork to separate the grains.
- 13) Cover and let it rest for 5-10 minutes. Serve hot, garnish with sliced onions, fresh tomatoes or fried plantains.



Ingredients

- 3 cups long-grain parboiled rice
- 8 medium sized tomatoes (or 500g blended tomato puree)
- 6 red peppers (tatashe)
- 3 medium onions
- 2 tbsp tomato paste (optional)
- 3 scotch bonnet peppers (ata rodo)
- 2 cloves garlic
- 1 thumb-size piece of ginger
- 500 ml chicken or beef stock
- 1 tsp thyme
- 1 tsp curry powder
- 2 bay leaves
- 1 tsp white pepper (optional)
- 2 seasoning cubes or powder
- ½ cup vegetables or sunflower oil
- Salt to taste
- Sliced onions and tomatoes



You can pair with grilled chicken, beef or fish for a complete Nigerian party experience!