



# LANSDOWNE SCHOOL NEWSLETTER

Dear parents and carers,  
What an incredibly busy and rewarding week we've had at Lansdowne! Alongside our usual programme of outings and events, 8CS and 8JD visited the British Museum this week to explore the fascinating world of ancient Egypt. The students were captivated by the mummies, artefacts and treasures on display, which brought their Humanities learning to life in a truly memorable way. On Wednesday, 13AJ hosted our first Enterprise Café of the year in West Dulwich – and what a success it was! The students demonstrated excellent teamwork and customer service skills, and we're incredibly proud of their achievements. We're ending the week on a bright note with Hello Yellow Day, marking the conclusion of Mental Health Awareness Week. Do look out for photos from both Hello Yellow Day and the Enterprise Café in next week's newsletter. Throughout the week, we've continued to commemorate Black History Month, celebrating the history, achievements and contributions of Black people in the UK. In KS3 Food Tech, students enjoyed preparing and tasting the classic Caribbean dish of Jerk Chicken with Rice & Peas –

we're delighted to share the recipe with you this week so you can try it at home. Meanwhile, our KS4/5 Art students have been learning about Black British artists, and Devante shares his thoughtful reflections on the work of Khadija Saye. I wish you all a restful and relaxing weekend, and I look forward to seeing what next week brings.

—Mr Downing

## Next Friday's Assembly Class

**9LC**

on 17th October  
at 9.10am

## Class of the Week in KS3

Congratulations!

**7SM**

## Class of the Week in KS4/5

Congratulations!

**13AJ**

## Forest School Fried Chicken Strips (and Dips!)

Last week at Forest School we made fried chicken – to say goodbye to Beth, our wonderful TA who has now left us to travel to Australia. First, we sliced our chicken and seasoned it with salt, pepper, garlic and onion powder. Next, we made an eggy mixture using eggs, Buffalo sauce and water, which we whisked together. Then we made a floury mixture using self-raising flour and black pepper. Using tongs, we then dipped each piece of chicken in the eggy mixture, before coating it in the floury mixture and placing it very carefully in hot oil in our Dutch oven. We watched as the chicken sizzled and slowly turned

from white to a deep golden brown. After approximately ten minutes we removed the chicken, placed it on kitchen paper to absorb as much of the oil as possible, and let it cool while we prepared a plate of dips – barbecue sauce and mayonnaise. After a minute or two we cut the chicken to check it was cooked – and then enjoyed dipping them into our dips and eating them! They were delicious, and most importantly Beth thought they were even better than KFC! We agreed that although they were tasty, we mustn't eat fried chicken too often because we did use a lot of oil – which isn't very healthy.



—Mr Hilton

### Pupil Voice: Black History Month Artist of the Week

During Black History Month, I would like to tell you about the artist Khadija Saye who was a Gambian British artist who tragically died in the Grenfell tower fire in 2017, aged 24 years old, with her mother. Saye's was a Photographer. Saye's favourite medium for this work was wet plate collodion tintype. Khadija Saye is inspirational and I do respect her work. Her art is about identity, family, and religion as she had a Christian mother and a Muslim father. If I was to describe her work, it would be irregular, classical, and nostalgic. If I could ask her two questions, I would ask, "What inspired you to become an artist" and "What her plans were for her future career as an artist". The mood in Khadija's portrait is moody, gloomy, and depressing. This is mostly because the portrait is only black and white and has no monotone colours due to her art technique called wet plate collodion tintype. Saye described her practice as a means to explore "the deep-rooted urge to find solace in a higher power".



—Year 12 Pupil

### KS3 Food Tech: Jerk Chicken with Rice & Peas

This is a great recipe to make during Black History Month, to celebrate the rich Jamaican Cuisine! —Ms Ravazzolo

#### Preparation:

- 1) To make the jerk marinade, combine the spring onions, ginger, garlic, onion, scotch bonnet chillies, dried thyme, lime juice, soy sauce, vegetable oil, brown sugar and ground allspice in a food processor along with 1 tsp salt, and blend to a purée. Don't be tempted to add water, as you want a thick paste.
- 2) Pour the marinade over the meat, rubbing it into all the crevices. Cover and leave to marinate overnight in the fridge.
- 3) Cook in the oven, heat to 160C fan. Put the chicken pieces in a roasting tin with the halved lime and cook for 45 minutes until tender and cooked through.
- 4) While the chicken is cooking, prepare the rice & peas. Rinse the basmati rice in plenty of cold water, then tip it into a large saucepan. Add the coconut milk, spring onions, thyme sprigs, garlic and ground allspice.
- 5) Season with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat, cover and cook for 10 minutes. Add the kidney beans to the rice, then cover with a lid. Leave off the heat for 5 minutes until all the liquid is absorbed.
- 6) Squeeze the roasted lime over the chicken and serve with the rice & peas, and some hot sauce if you like it really spicy.



#### Ingredients:

12 chicken thighs  
1 lime (halved)  
For the marinade:  
1 bunch of spring onions  
1 thumb piece ginger chopped  
3 garlic cloves  
½ small onion  
3 scotch bonnet  
½ tsp dried thyme  
1 lime  
2 tsp soy sauce  
2 tsp vegetable oil  
3 tsp brown sugar  
1 tsp allspice

#### For the Rice & Peas:

200g basmati rice  
400g can coconut milk  
1 bunch spring onions  
Dried thyme  
2 garlic cloves (chopped)  
1tsp ground allspice  
2 x 410g cans kidney beans

