LANSDOWNE SCHOOL
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LANSDOWNE SCHOOL NEWSLETTER

Dear parents and carers,
I hope you have had a good week. I'm delighted to share some updates from our week at school. This week at school we have an amazing trip to Colourscape, an art and music exhibition on Clapham Common. We have also been making delicious jambalaya rice in Key Stage 3 Food Technology. This week is also important for our students to sign up to clubs if they would like to attend. Clubs will begin next week on Tuesdays and Thursdays from 3:30–4:15pm. Spaces are limited so please sign up soon to secure your spot!
Best Wishes, Holly Line, Assistant Head


Ms Line

Class of the Week in KS3

Congratulations!

7FB

Class of the Week in KS4/5

Congratulations!

12BM

Breakfast Club
Breakfast Club provides a safe, welcoming start to the school day where pupils can enjoy a nutritious breakfast in a relaxed atmosphere.





Breakfast Club runs between 8:15 – 8:45 am each day. Students are offered a range of cereals, bagels, fruit and other breakfast options. Breakfast Club is free of charge! Students need to sign up via the office if they wish to attend.



Overview of our After School Clubs

Tuesdays' Clubs:

Anime Club is for students who have a passion for Japanese animation and culture. Members can watch and discuss their favourite anime series, explore manga, learn about Japanese traditions, and create their own anime-inspired artwork.

Computing Club offers pupils the chance to develop their digital skills beyond the classroom curriculum. Students are able to use laptops and technology with their friends to engage in tasks and games.

Choir Club gives pupils the opportunity to develop their vocal skills and musical confidence through group singing. The choir perform in assemblies each week to share their favourite songs with the school.

Football Club develops students' physical fitness, teamwork, and sporting skills through regular training and matches. Students learn fundamental football techniques, tactical awareness and the importance of fair play.

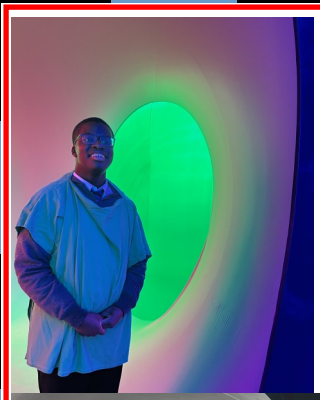
Thursdays' Clubs:

Art Club provides a creative space where pupils can explore different artistic techniques, materials, and styles beyond the curriculum. Students can engage in topics of their own interest along with a range of new, fun art techniques.

Basketball Club develops pupils' coordination, fitness, and teamwork through this fast-paced sport. Students learn dribbling, shooting, passing, and defensive skills whilst understanding game strategies and sportsmanship.

Rock Band Club allows musically-minded pupils to form a band, learn instruments, and perform together. Students can develop skills on guitars, drums, keyboards, or vocals and even perform in assemblies.

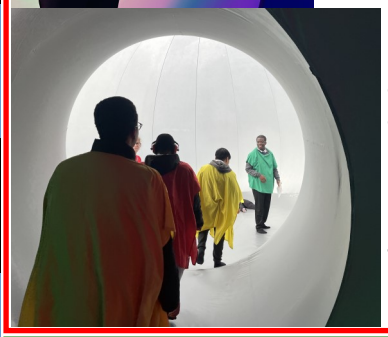
Yoga and Movement Club introduces pupils to mindfulness, flexibility, and body awareness through gentle exercise. Students learn yoga poses, breathing techniques, and relaxation methods.



Students Enjoying Colourscape Music Festival

It has been a very colourful start of the year for selected students at Lansdowne school! Alongside taking part in a music session where ancient ways of making sound were made, students also visited the Colourscape Music Festival, an immersive and temporary event taking place in Clapham Common - giving students a chance to practice responsible and safe travel on public bus. Colourscape is a unique and intensely colourful environment where it was possible to discover much more about colour than in everyday life, and consolidate students' learning about colour from art lessons. This experience was a guided exploration of colour and light effects, it took place inside the Colourscape sculpture, huge tunnels that looked rather futuristic. This experience is documented and reflected on for students' working towards Art Award Certificate: sharing arts review/careers in the arts. Looking forward to our next art adventure!

— Ms Mendonça







Food Tech: Jambalaya, we're back!

It's always nice to get back into our cooking routines! In Term 1, we are learning, revising and mastering our food preparation skills. Just look at the fantastic skills our Year 8 and 9 students are demonstrating while preparing Jambalaya: great knife skills and safe use of the hob. Jambalaya is a fun and delicious recipe to make, especially now with the days getting shorter. If you're not a big fan of spicy food, simply don't add as much Cajun spice! Why not give it a try at home? Happy cooking!

—Ms Ravazzolo







Chicken & Chorizo Jambalaya Recipe

Ingredients:
1 tbsp olive oil
2 chicken breasts (chopped)
1 onion
1 red pepper
2 garlic cloves
1 tbsp Cajun seasoning
75g chorizo
250g long grain rice
400g can plum tomato
350ml chicken stock

Preparation:

1) Wash the vegetables.
2) Prepare the vegetables:
   - peel and dice the onion;
   - peel and crush the garlic;
   - deseed and slice thinly the pepper;
   - slice the chorizo.
3) Heat 1 tbsp olive oil in a large frying pan with a lid over a medium-high heat. Sauté 2 chopped chicken breasts for 5-8 mins until golden.
4) Remove the chicken and set aside.
5) Tip in the 1 diced onion and cook for 3-4 mins until soft.
6) Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1 tbsp Cajun seasoning. Cook for 5 more minutes.
7) Stir the chicken back in with 250g long grain rice.
8) Add the 400g can of tomatoes and 350ml chicken stock.
9) Cover and simmer over a medium heat for 20-25 minutes, until the rice is tender. Enjoy!



Next Friday's Assembly Class

12BM

on 2nd October at 9.35am