

Sandhurst Weekly News

Friday 3rd December 2021

Weekly Review



November and December are such special times in several world religions. The journey to and from work brightened by the homes lit up with festive cheer. In school there are quite a few trees in classrooms, the sixth form common room is fully decked out and the tutor groups all have advent calendars. Of course, Christmas preparations seem to begin earlier and earlier every year, but this is not the only exciting religious celebrated at this time of year.





November started with Diwali, one of the biggest and most auspicious festivals celebrated by Hindus all around the globe. The festival of lights signifies peace and joy, the victory of good over evil, and light over darkness every day. It is one of the most symbolic <u>Hindu festivals</u>, and all the communities in the country celebrate it with much pomp. During this festival, people clean their homes, decorate every corner with lights, lamps, diyas, flowers, Rangoli patterns and candles. Families also perform <u>Lakshmi Puja</u> and pray to the Goddess of Wealth to bless them with health, wealth, and prosperity.

In addition Jewish people across the world are gearing <u>up this week for the festival of Hanukkah</u>, complete with candle-lighting, doughnut-eating and plenty of celebrations. The eight-day festival – also known as the Festival of Lights – is one of the most celebratory times in the Jewish calendar, with families exchanging presents and lighting eight very special candles.

Hanukkah commemorates the period in history more than 2,500 years ago when the Jewish holy temple was seized by Syrian-Greek forces. Their king, Antiochus, gave the Jewish people an impossible choice – either renounce their religion or be sentenced to death. That's when a small group of Jewish rebels known as the Maccabees, fought back and were able to recapture the holy temple – but when they did they discovered that there was only enough oil left to keep the holy light (known in Hebrew as the Ner Tamid), a flame which is never meant to go out, for one more day. However a miracle occurred – and the flame somehow stayed alight for eight more days, which was long enough for another batch of oil to be produced. The eight candles which are lit on the eight days of the festival commemorate this.

So during this exciting period of festivals we wish you all 'Chag Sameach' ('happy holiday')'.

Samantha Hunt Deputy Headteacher







Headteacher's Award



Friday 3rd December 2021

Iqra Aripin 8G2

Nicola Bagalacsa 7G1

Imani Bhatti 7B2

Ivy Brace 7R2

Megan Bromage 8B2

Elsbeth Brooker 7B1

Eleanor Chandler 8R1

Cyan Chavez 8G1

Yasmin Chhokar 7Y1

Evie Clements 8Y1

Alicia Cockle 8R2

George Davis 8Y2

Megan Edwards 8G2

Noah Falcus 7R1

MollieMae Fletcher-Owens 7B1

Alexander Fox 7B1

Madison Guest 7Y2

Jessica Heginbotham 8G2

Caitlin Hook 8B1

Tommy Ingram 9Y1

Lola Keen 7Y2

Myrkelle Lubin 8G1

Riley Manders 8G1

Seren Matthews 8B2

Louise McCafferty 8B1

Sam Mortimer 8G1

Siobhan Osgood 8Y1

Daisy Parsons 8B1

Nayer Rai 8R1

Ezra Sarkari 7B1

Vladimir Shkuropat 7Y2

Eva Simpson 7R1

Millie Stocker 10B2

Mohammad Syed 8R2

Hannah Tomlin 8G2

Owen West 8R1

Laila Whitney 7Y1

Summer Wilson 8G2

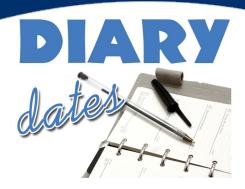
Oliver Wingate 8B2

George Winslade 11Y1

Laura Zegocinska 7Y2

The winner of this week's Headteacher's Award is:

George Winslade





Friday 10th December	Year 11 and Sixth Form Photographs
Wednesday 15th December	AP2 Distribution
Thursday 16th December	Performing Arts Winter Showcase
Friday 17th December	End of Term—School closes at 12.30pm
Christmas Holiday	
Monday 20th December—Monday 3rd January	
Tuesday 4th January	School Closed—In lieu of Queen's Platinum Jubilee
Wednesday 5th January	Spring Term Begins
	(Proposed Day for Covid Testing)
Thursday 13th January	Year 9 Subject Evening
Monday 17th January	Year 9 Option Choices Window opens
Monday 24th January	Formal PPE Series Years 11, 12 and 13 start

Attendance Matters!





At Sandhurst School, we firmly believe that regular attendance is vitally important to ensure the best possible outcomes for all of our children. Regular attendance means your child can make the most of their education, thus improving their chances in adult life. Being in school will also help your child's social skills, such as making and keeping friendships. A regular and punctual attendance pattern will help your child when they enter the world of work.

To ensure your child gets the best possible start to their education, we ask that you support regular school attendance and punctuality.

We expect all Parents and Carers to comply with all national regulations regarding student attendance and punctuality. Absences must be reported in the morning on a daily basis to the Attendance Officer via email kmar-shall@sandhurstschool.org.uk or by calling Reception on 01344 775678 and choosing option 1.

If your child is absent from school for a justifiable reason, e.g. illness or medical appointment, their parent/carer must email kmarshall@sandhurstschool.org.uk or ring school on each morning of absence. If you know in advance that your child is going to be away e.g. medical appointment, you should email as above or you can write a letter giving the reason and details. You will be asked to provide evidence of any medical appointments and leave of absence request forms are available on our school website or can be collected from Reception. All unjustified absences will be investigated.

All students <u>must</u> sign out at reception before leaving the premises. If students are returning to school later on, they must sign back in at reception. It is your child's responsibility to report to Reception at the correct time in order to be signed out as Reception staff are not able to collect students from class.

Punctuality

Students should be in their first period classroom no later than the beginning of their AM registration time (8:40am). Students will be marked in 'late' if they arrive after the start time provided on their timetable. If students arrive late for school they must make sure that they go to the main reception to be signed in late. Punctuality is an important expectation of students and when they are late, they will receive a 15 minute detention for that day. Consistent late students will have their detention upscaled and bought to the attention of their Head of House.

DFE Links

https://www.gov.uk/school-attendance-absence

https://www.gov.uk/government/publications/parental-responsibility-measures-for-behaviour-and-attendance



Lesson Attendance now available in Classcharts

We have temporarily turned on a Classcharts feature that is accessible from the website or the mobile app. This enables parents/carers and students to see their recorded lesson attendance.

The intention is that parents/carers will be able to monitor if their son/daughter has attended online lessons. We hope this feature will be of help to parents and carers who have children working online, receiving their lesson <u>live</u> from home and may wish to check their son/daughters participation.

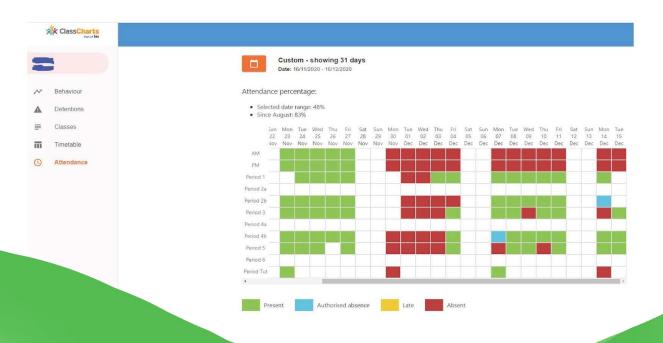
Health Warning!

- Whilst a student is learning from home and taking part in live lessons some classes may not run, for example, PE and PHSE and a missing mark will be present.
- If the lesson is being covered by a cover teacher the lesson many not be updated as paper registers are used by external cover staff.
- A student may be attending an event or have an appointment leading to a missing mark.
- Students who are self-isolating whilst the rest of the class is in the lesson at school may be recorded as absent.
- COVID related absence will flag the AM/PM registration as red. This will not be counted when calculating a student's overall attendance.

How best to use this feature

- If you have a concern, first discuss this with your son/daughter, there will usually be a simple explanation.
- Share this feature with your son/daughter so they are aware.

This is an experimental feature and may need adjusting as we learn to use it. If you have any questions please contact reception who will be happy to assist.







Exam Certificate Collection

For all Year 11 and 13 leavers from Summer 2021

Exam Certificates can be collected from reception on:

Tuesday 7th December 3:30—5:45pm

Wednesday 8th December 3:30—5:45pm

Monday 13th December 3:30—5.30pm

If you have any queries, please contact the Exams Officer, Mrs Evans at jevans@sandhurstschool.org.uk





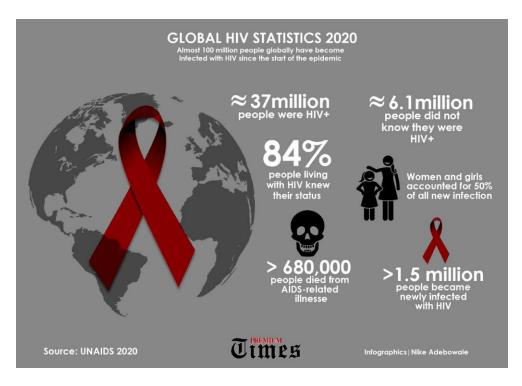




The 1st of December is World AIDS day, a day when people all around the world renew their commitment to stopping new cases of HIV, securing the rights of people living with HIV, and fighting HIV stigma and discrimination.

Being a woman "of a certain age" I remember well the first reported cases of HIV-related illnesses and deaths 40 years ago. It is heartening to see how far we've come since the times when being diagnosed with HIV was a death sentence. Now, 98% of people living with HIV in the UK are on effective treatment and 97% can't pass the virus on. I also remember well the media hysteria and demonization of the LGBTQ community which ensued during the 1980s, causing untold suffering to innocent people.

This week has also seen the 30th anniversary of the death of Freddie Mercury, lead singer of Queen, who was a personal hero of mine. His untimely death from AIDS-related complications reminds us of the countless lives cut short in their prime. Today an estimated 105,200 people live with HIV in the UK. A recent survey revealed that only a third of the UK population said they have sympathy for people living with HIV regardless of how they acquired it. We sadly still have a long way to go to fight the stigma still experienced by people living with HIV even today.





The poem below was written by one of Miss Maree's Year 11 students in class and she thought it needed wider appreciation.

The Winter Winds

by George Winslade Year 11

The Winter Winds are coming,

Slithering through cracks in the walls

Seeking to sabotage the soothing hearth

And turn water to shining jewels.

They strangle and choke the world outside

With ferocious serenity,

They steal the leaves right off the trees

With frightening tenacity.

Step outside and lo behold!

A Winter Wonderland

Feel a grip upon your shoulder?

That's Winter's icy hand.

The golden leaves that brought such joy
Smothered by the snow
The solemn clouds mourn Autumn's passing
More than we could know.

The Winter Winds cry out in grief
Like a songbird's lovestruck song
They only grace us once a year
Then whoosh! They'll be gone.

hegartymaths INDEPENDENT ACHIEVER AWARD



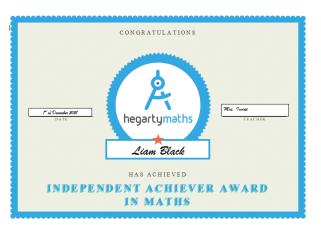
The Hegarty Independent Achiever Award goes to the following students this week:

Chris Meek, Terri-Marie Gonning, Abigail Llewelyn-Price and Liam Black.



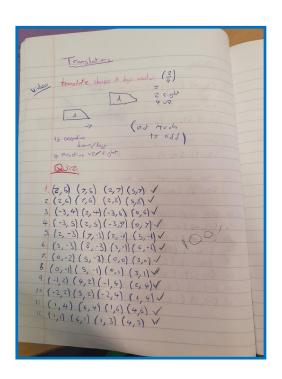


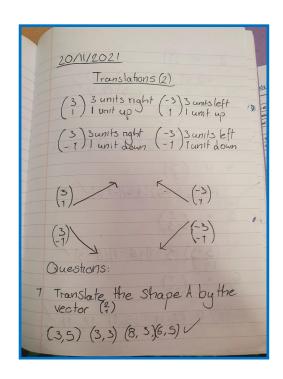


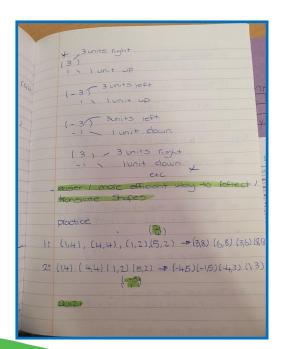


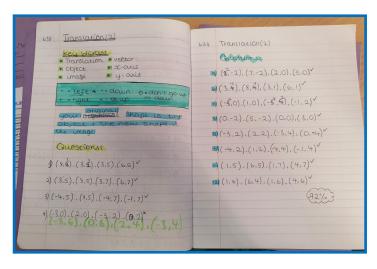


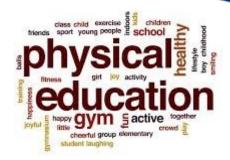














Year 8 Football Tournament

Last week the B teams were in action to represent Sandhurst School in another tournament hosted here on our 3G astro pitch. The boys had waited a long time to put on the green shirt for Sandhurst School and play competitively against some other schools. Kings Academy and Edgbarrow joined the two Sandhurst teams to make a four team tournament.

In the first match, Sandhurst team 1 played Kings Academy whilst Sandhurst team 2 played Edgbarrow. Felix for Sandhurst team 1 scored a brilliant goal finding the corner of the net from outside the box. After some tough defending from the whole team Sandhurst took the first win 1-0. Meanwhile in the other match Sandhurst Team 2 did very well to get 0-0 draw against a strong Edgbarrow side.

In the second game Sandhurst team 1 drew 1-1 with Edgbarrow with Felix once again on target for the greens. Sandhurst team 2 had a hard game against Kings and if it wasn't for the heroics at the back from Zak in defence and Jacob in goal, the score could have been much worse with Sandhurst losing the game 2-0. Ryan was extremely unlucky not score a brilliant free kick in this game.

In the final game Sandhurst team 1 played Sandhurst team 2. A fantastic corner taken by Ryan was headed in by Caelan to put team 2 into the lead. Harvey then took control of the game for team 2 and scored one followed by an assist for Lucas who scored another.

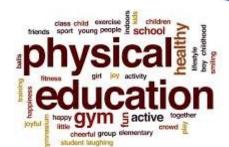
The final scores meant that Kings Academy won the tournament with 6 points, the two Sandhurst teams came joint second on 4 points and Edgbarrow finished on 2 points.

Well done to all the boys who represented the school so well in this tournament.

The teams were: Harry F. Lucas H, Jacob C, Matthew, Tom, Ryan, Harry F, Barney, Scott, Harvey, Joshua, Jake M, Connor, Caelan, Jacob W, Felix, Luka Simpson, Oscar, Zak

Mr King









Basketball Club

The Basketball Club for Year 7 and 8 has been running all of this term with our basketball Coach Martin D'Mellow. The club has been a huge success, so much so that the group had to be split into two afternoon sessions in order to accommodate the large number of participants.

The Wednesday Club had their chance to play in some competitive tournaments against other schools this week, which was a brilliant finale to the term after so much development in the students' skills and techniques. King's Academy, Edgbarrow and Brakenhale all brought teams over to play in a cross court tournament here at Sandhurst. Sandhurst were split into three teams and all played in a qualifying round of two matches before deciding the groups for the final games. Sandhurst Team 1 were excellent in the qualifying round with Martha scoring a huge number of points for the team. Isobel, Saimon and Choegyal were also in great form scoring points in the final rounds. Omar and Adarsh were also very effective on the court for Sandhurst Team 1. For Sandhurst Team 2, Jack scored many good points alongside some outstanding defending from Vladimir to give the team some great results. In Sandhurst Team 3 the initial group matches were very tough but Ethan and Sa'ad got Sandhurst back into the tournament with some great dribbling. Zain and Jamie strengthened the defence and Sandhurst team 3 got some good results in the final round.

This tournament was a great success and the players all seemed to really enjoy the matches. Next week there is another tournament where we hope to see them play with more confidence and develop their ability to put the skills they've worked on into some great performances.

Thanks to all the parents who came down to support, we will see you again next week.

The teams were: Zain, Vladimir S, Vishnu, Sa'ad, Vladimir R, Saiman, Harry, Ayush, Adarsh, Jamie, Jack, Choegyal, Omar, Martha, Isobel, Athanasios, Hansel and Ethan.

Mr King

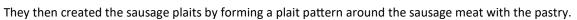






Year 10D Sausage Plaits

The students made the butter rich puff pastry in a previous lesson.



Joint Chef of the Week goes jointly to Leo Dale and Paris Sharpe.

















Class 10C Sausage Plaits

Created using puff pastry the students had made in a previous lesson.

The students had a choice to add different herbs or spices to the sausage meat mixture to add more flavour.

Joint Chef of the Week goes to Rebecca Aldridge and Grace Hughes.

Runners up are Harrie Williams and Luke Farr.



















Rebekah Aldridge







Class 10D Afternoon Tea

The students did exceptionally well to create an afternoon tea during a double lesson.

The end results were outstanding!

Joint Chef of the Week goes to Chloe Watkins and Ava Clarke.















good food show winter



Thousands of food lovers attended the BBC Good Food Show at the Birmingham NEC last week. Forty-four Year 10, 11 and Sixth Form catering students were among those who attended the event to enjoy a foodie day out. Students were able to watch live cooking demonstrations by past bake-off winners and food experts as well as learn about the latest food trends and culinary products.



















Bon travail! Gut gemacht! Buen trabajo!

The language department would like to nominate the following students this week ...

Ms Mc Geever would like to nominate Josh from her Year 10 French class. Josh is an amazing student to have in lesson. I have been fortunate to have him in my class since Year 7 and watch his growth, progress and love for the language. He is so meticulous in everything he does and his pieces of work are fantastic, I am so excited to see how he will progress in the next two years! Keep it up Josh!





Ms Dris would like to nominate Rebekah from her Year 10 Spanish class. I have now had the chance to teach Rebekah for 2 years and her commitment to her study of Spanish has been outstanding. She always works hard to improve her language skills and is not scared of hard work! I have been particularly impressed by her attitude this year, she is a role model for all and will do a great job as a MFL prefect. You are on the route to success Rebekah, keep

Mrs Gould would like to nominate both. Isabella and Sophie from her Year 7 French class. These two incredible young ladies, as well as focusing diligently on their own work, have helped a fellow student through a difficult situation. They have shown kindness and compassion, which I consider to be at the very least as important as academic achievement. Well done, I am proud of you!



Mr Doree would like to nominate Nelson from his Year 9 German class. Nelson always shows a very enthusiastic and committed attitude towards learning German and he has a real talent for the language. He has made excellent progress this term and should be very proud of his efforts. Well done Nelson!



Student Profiles

We ask our stars of the week what their favourite thing about learning a language why they are important to learn!

Josh

My favourite thing about French is learning new vocabulary as it is great to be able to learn how other places located near the UK to speak and communicate with each other!



Sophie

My favourite thing about languages is that it gives you more opportunities for the future and gives you access to make more friends. I also think that speaking one language is boring, so why not learn more?

Languages are so important because we are in such a diverse society which means learning about languages and different cultures is becoming more and more important.



Isabella

My favourite thing about languages is that all languages that we do, have so many new words, some funny and stupid but some sophisticated and posh.

Languages are important as it makes every place unique and it is important we learn them in schools as it allows you to see the real beauty of different places.



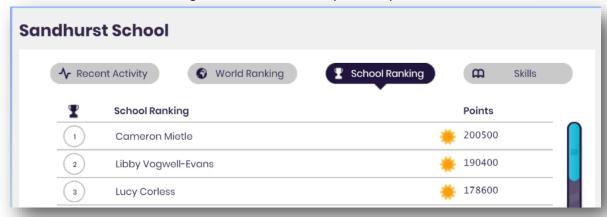




LANGUAGENUT LEADERBOARD

A change to the Languagenut leaderboard this week, congratulations to Cameron for stealing the 1st place.

Congratulations also to Libby and Lucy!



IN MFL THIS WEEK

Miss Mcgeever's Year 10 French class

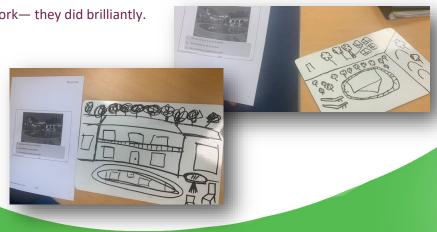
I am always on the look out for new ideas, resources and games to keep the kids entertained and happy while learning. I am part of many social media groups with teachers from all over the UK and found this to be a perfect game for my Year 10's.



We are doing photocards, an essential part of the GCSE oral. Each student had to write their own photocard and then read the description to their partner who tried to design exactly what they were hearing. Well done to Molly & Josh on their victories!

Miss Dris' Year 10 French class

My Year 10 French class did a very similar activity, which they enjoyed equally. I gave each student a picture which they described to their partner who had to draw what they understood. A great way to prepare for this speaking part of the GCSE! Here are some pictures of the students' work— they did brilliantly.

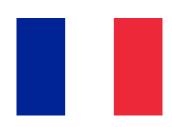






MFL COMPETITION

We recently ran a languages competition where students were encouraged to do a variety of languages related activities such as baking following a French recipe, singing a song in Spanish, etc... we received a number of fantastic entries and we would like to congratulate the students for the quality of their work!



Our winner this time is ...

Amy

Her entries were absolutely breath-taking.

One of the things we were the most impressed with was the video she created of herself making crepes, it was a very professional tutorial!

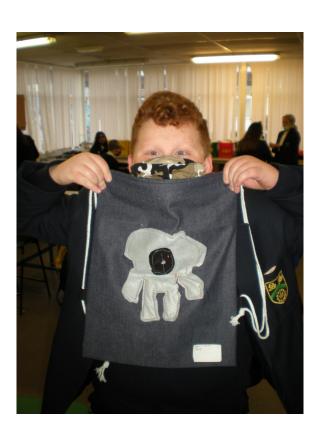








Our year 8's have been working hard this term designing and sewing their own denim bags. From a long piece of denim and a few bits of felt they have been able to produce some amazing creations. Here is just a small selection of some of their designs, which one would you choose for your next PE kit?



























If your child has to use a Pink IOU Lunch Card, due to insufficient funds on their Scopay account, you will be notified that they've used one and asked to top up the account. Once the account is in credit then the charges from the pink cards will be applied to the account, these will appear on the account even though no purchase has been made.

Chef



As well as after school snacks, Cucina are now serving breakfast for students from 7.30am - 8.30am.

There's a good selection of items from bacon/sausage baps, toast with lots of different spreads, pastries, fruit pots, yoghurts and cereals.

Chef

From the Sixth Form Enrichment Class:

For our sixth form enrichment we are helping the homeless by accepting donations over Christmas for New Beginnings in Reading and the All Night Cafe in Camberley.

We would like donations such as:

- Instant porridge pots
- Socks mens new
- Instant coffee
- Toiletries shampoo, soap, etc
- Squash
- Tinned food- beans, soup etc
- Long lasting milk
- First aid items Plasters, antiseptic cream, hand sanitizer etc
- Men shoes Second hand but in good condition
- Biscuits



Please make sure all donations are unused and if a food item, that it is in date.

All donations will be taken in in the sixth form office or R.E office.



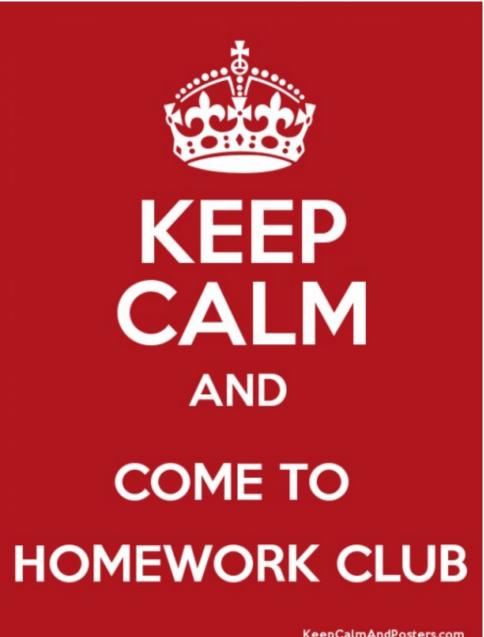






Every Day

2:50 - 3:50pm in PC4



KeepCalmAndPosters.com

All are Welcome





I have been listening to BBC Radio One's Minute of Me: Environment Special'. I was inspired by the stories from the young people. They voiced their concerns about the environment but also offered hope and a fresh insight into the issue by talking about the contributions they were making to build a better future.

So I would like to launch our 'Minute of Me' but based on either of our school themes:

"Proud to be me"



"Hate has no home here"



Students need to send me a voice or video recording that is one minute in length, on either "Proud to be me" or "Hate has no home here".

Maybe you wish to share your hopes for a more equal society or tell us about how you have tried to make a difference to others.

Maybe you wish to use this opportunity to be courageous and open up about yourself or tell us about what changes you would like to see in the school/wider community.

You could include what motivates you or who has inspired you to be a better person.

How to submit:

If you record your entry on your phone then upload it to your Google Drive (You may need to install the Google Drive app if you haven't already got it) Once uploaded share it with me, jjones@sandhurstschool.org.uk

Or

You can share it with your tutor who can upload it straight into the 'Minute of Me' Folder by using the link on the Sandhurst School Website.

Deadline is: Friday 10th December 2021. Make sure your FULL NAME is on your entry.

The winning entries will be published on the school website and made available for students to listen to. All winning entries will also receive a BOOK from Penguins 100 books of authors of colour and culture including the biographies of both Michelle and Barack Obama. A tutor prize will be awarded to the tutor group with the most entries.

Good luck and if you have any questions please see me (Miss Jones) in the RE office.

Miss Jones

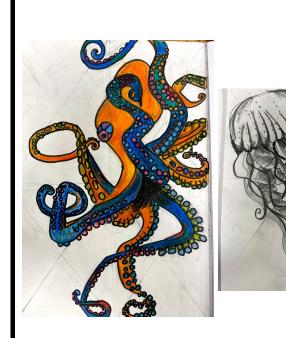








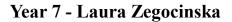




Year 7 - Eva Simpson

Year 7 - Nicola Bagalacsa







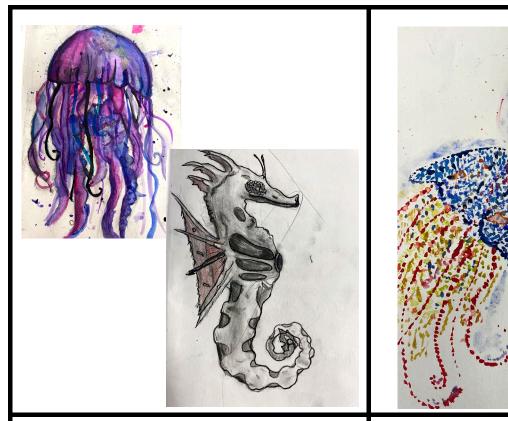
Year 7 - Elsbeth Brooker











Year 7 - Laila Whitney

Year 7 - Ezra Sarkari







Year 7 - MollieMae Fletcher-Owens











Year 7 - Vladimir Shkuropat

Year 7 - Madison Guest





Year 7 - Lola Keen

Year 7 - Imani Bhatti











Year 7 - Noah Falcus



Year 7 - Ivy Brace



Year 8 - Ellie Chander



Year 8 - Summer Wilson











Year 8 - Caitlin Hook

Year 8 - Oliver Wingate







Year 8 - Daisy | Parsons











Year 8 -

Year 8 - Nayer Rai







Year 7 - Riley Manders













Year 8 - Alicia Cockle

Year 8 - Myrkelle Lubin



Year 8 - Jessica Heginbotham



Year 8 - Evie Clements







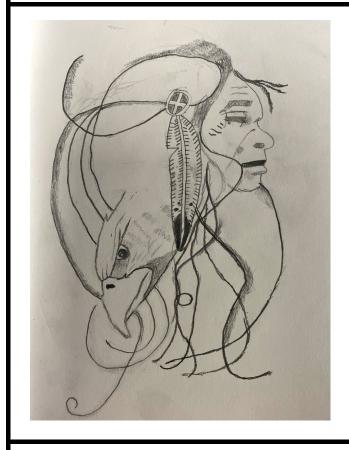






Year 8 - Mohammad Syed

Year 8 - Seren Matthews



Year 8 - Louise McCafferty



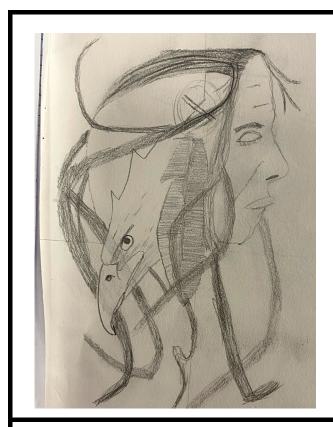
Year 8 - George Davis











Year 8 - Owen West



Year 8 - Sam Mortimer



Year 8 - Iqra Aripin



Year 8 - Siobhan Osgood

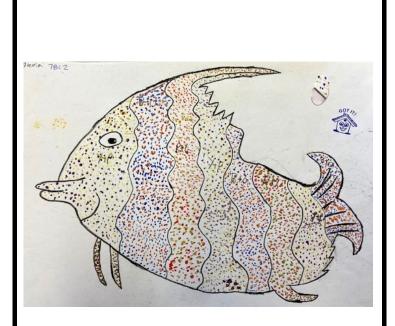






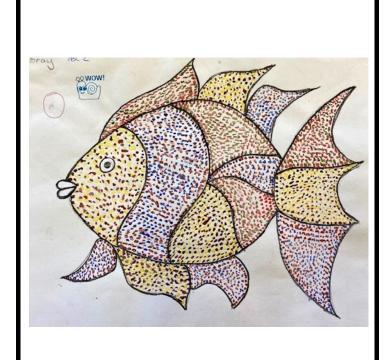






Year 8 - Megan Edwards

Year 7 - Alexia Mihai





Year 7 - Caitlin Bray

Year 7 - Harriet Somerville



Art work of the week - 3rd December



Congratulations to the following students who have produced work of an exceptional level. All students will be nominated for the Headteacher's Award.



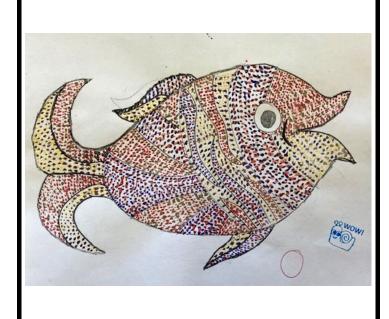






Year 7 - Isabella York

Year 7 - Lacey Cameron





Year 7 - Poppy McLean

Year 7 - Sudharson Gurung



Art work of the week - 3rd December



Congratulations to the following students who have produced work of an exceptional level. All students will be nominated for the Headteacher's Award.







Year 7 - Adarsh Gurung



Year 7 - Amelia Laugher



Year 7 - Daniel Richardson-Foot



Year 7 - Evie Brown



Art work of the week - 3rd December



Congratulations to the following students who have produced work of an exceptional level. All students will be nominated for the Headteacher's Award.







Year 8 - Alice Bugg

Year 8 - Mikel Eguiraun



Year 8 - Molly McDade



Year 8 - Sophia Berridge





Who do I talk to if I can't sleep? The National Sleep Helpline can help with your sleep problems.



National Sleep Helpline - The Sleep Charity

Huge thanks to our corporate partner, Furniture Village, who has helped us to launch a brand new National Sleep Helpline to ensure that everyone has access

thesleepcharity.org.uk

SPEAK TO TRAINED SLEEP ADVISORS

Available Sunday - Thursday 7pm - 9pm

This is a confidential service. We would only need to share what you tell us if we are worried about you, someone else or there has been a crime.





November's edition of the Parents' & Carers' Pack is now available here. Packed full of interesting articles about T Levels, traineeships, apprenticeships and how to search for them. We also explore Supported Internships & hear from apprentices about their roles.

Parents' and Carers' Pack Apprenticeship Information



Edition 30: November 2021















Employer Webinar: Digital Marketing Careers

Presented by Matt Powell Creative Director

JAYWING

Tuesday 7th December 2021 6 - 7PM

Please book via the Adviza Portal under 'Events' Cost: FREE | Suitable for all ages

> For more information please email careersguidance@adviza.org.uk











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FIND YOUR LOCAL, FRIENDLY CLUB TO **GIVE HOCKEY A GO!**

WHEN Year 7-9 Boys: Wednesdays 6 to 7PM

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Year 8-9 Girls:

Thursdays 6 to 7PM

WHERE

Yateley Hockey Club, Fox Lane, RG27 ONQ

CONTACT juniors@yateleyhockeyclub.co.uk









Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Friends of Sandhurst School - Berkshire with easyfundraising?

There are over 4,000 shops and sites on board ready to make a donation – including eBay, Argos, John Lewis, ASOS, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds.

All you need to do is:

- 1. Go to https://www.easyfundraising.org.uk/causes/fosandhurst/?utm_campaign=raise-more and join for free.
- 2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
- 3. After you've checked out, the retailer will make a donation to Friends of Sandhurst School Berkshire at no extra cost to you whatsoever!

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4.300 online sites will give us a free donation when you shop with them - at no extra cost to you!













th past ear



Beden



















The Sandhurst School Family Vegetarian and Vegan Recipe Book

The inspiration for this book came whilst I was travelling back from Scotland on 29th October 2021. The weather was horrendous; there was extremely heavy rain through southern Scotland into the Border Region and down into Cumbria and the Lake District. Towns were closed off and so alternative, more scenic routes were impossible for traffic and the motorway was the safest route. This was going to be a long drive. All the way down the motorway I observed, on the Northbound side, the nose to tail traffic from Birmingham to Glasgow with very little let up for these travellers. I was feeling rather pleased that I was heading south. I knew, however, that those heading north in that awful weather were very likely to be heading to Glasgow for COP 26. Their commitment and determination to take part in something that could make a difference to our planet meant that whatever the weather was throwing at them, they were not giving up.

I can't ignore the fact that how we currently live our lives has such damaging effects on our planet and as I am expecting the birth of my first grandchild, I pledged (to myself) to do my bit to help change. I am already environmentally aware and do lots of recycling and walking but I know I can do more. I have made a concerted effort to walk to work this term but if I'm honest I'm not sure I'll do it if it rains!! but whilst it isn't, I will. However, I know I need to and want to do more.

My daughter and I are already pescatarian but I am aiming to bring more vegetarian dishes into our repertoire. My eldest son is a chef and so I looked to him to give us some inspiration for some family meals and some quick meals and lunches for just one or two people. These recipes will form part of a recipe book with two important causes in mind; that of the environment and consequently the future of our planet and to raise money for charity.

I personally have been affected by tachycardia (irregular heart beat) and my Mum by a stroke and so I hope to raise money for the British Heart Foundation and the Stroke Association and of course for our School Charity, Reaching Rwanda. I hope to publish this recipe book and sell it at a reasonable cost which will benefit us all.

I am also delighted that our catering department will help me in this endeavour and we would be very pleased to receive your recipe contributions for which you will be given credit to be included in this school recipe book.

We need desperately from you please and typewritten if possible, original recipes as I do not want to be accused of plagiarism.

Please specify the following: Soup, Main Meal, Dessert, starter etc Vegetarian or Vegan
Name of the Meal
Preparation and cooking time (the lower the better)
Number of people the recipe serves
Ingredients and alternatives where applicable
Method including oven temperatures
Cost per person if possible £

Please can we have your contributions including any photographs/pictures you may have to janderson@sandhurstschool.org.uk or cjackson-jones@sandhurstschool.org.uk

If I can, I'll try and get this ready for Christmas:)

Many thanks in anticipation

Mrs Anderson





supporting





- Join our weekly lottery from just £1 a week
- It's an easy way to support our school and help raise funds
- 40% of ticket sales come back to us
- There's a guaranteed winner every week as well as the chance to win £25,000
- It's easy to sign up online so start supporting our school today!



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£25,000 jackpot!

Cash prizes every week



How it works

It's simple - choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes with a jackpot prize of up to £25,000! One of our supporters will win a cash prize every week. Tickets cost just £1 per ticket per week and 40% of all ticket sales are donated to your school.

Draws are conducted every Saturday at 8pm and results are posted online. Winners will be notified via email and the winnings will be paid straight into an account of their choosing.

The easiest and quickest way to join our lottery is online where you can set up your payment either by direct debit or one off payment card. Alternatively, set up can be done over the phone using the contact details below.

It's so easy to join and you could make a real difference to your school.



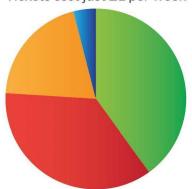
The maths...

100 tickets sold means

- = £30 a week cash prize
- = £2,080 a year for your school

Where does your money go?

Tickets cost just £1 per week



- 40p goes directly to your school
- **36p** goes towards lottery winner's cash prizes
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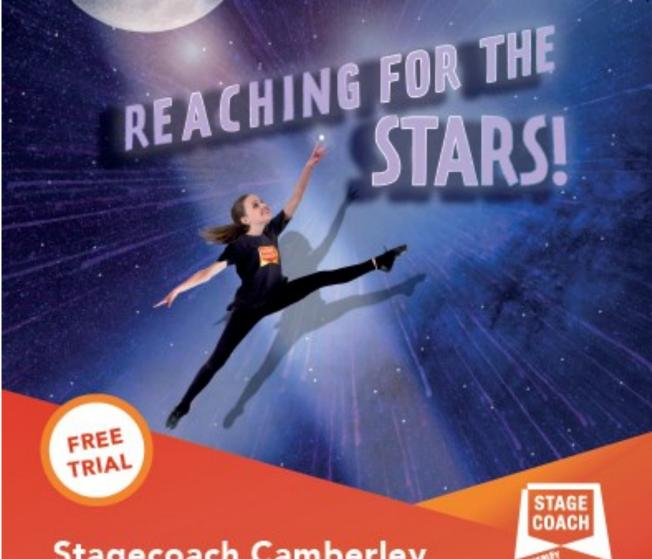
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