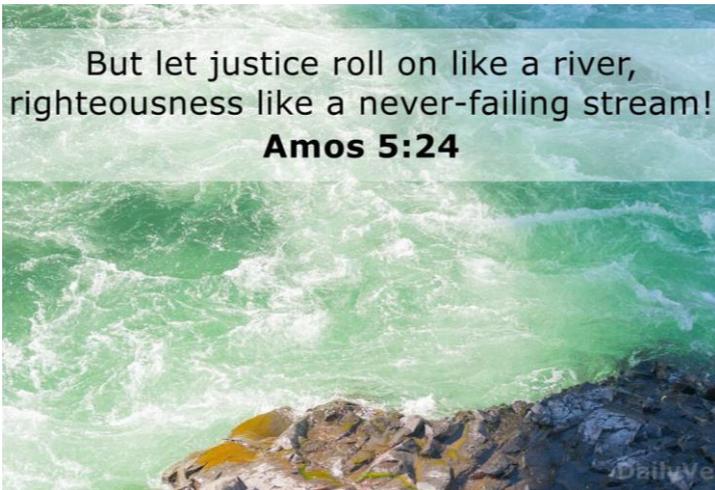


Theme of the Week: Work and Life – Law and Public Policy/Justice



Dear Parents/Carers,

It feels very British to have encountered beautiful spring sunshine and sleet in the same week this week! Let's hope for a return to the warmer temperatures and sunny skies next week. It is a very busy time of year in school. Year 11 students are planning their final push to GCSE exams with their teachers; their diaries are full with final lesson programmes, after school support and holiday interventions. We are also ensuring that we do all we can to support their mental health and well-being

through these final weeks of secondary school. Year 10 students are busy preparing for mid-course exams which start immediately on our return from Easter. These exams will give us a clear indication of where students are at this point in the course and we look forward to seeing what Year 10 can do. Further down the school students have been busy fundraising and supporting our appeal for goods for Ukrainian refugees. We are obviously continuing in the period of Lent and preparation for Easter. Next week all students will attend Easter worship services on the school site and we are grateful to St Peter's Church in Brighton for facilitating these for us. We have also been developing close links with St Leonard's Church in Hove and we are enjoying working with their team to develop our ability to have student led worship music in school. All students will also benefit from an Easter worship reflection during tutor times on the final day of term.

I wish you all a pleasant weekend whatever the weather decides to bring!

Mrs Price

## CONTACT DETAILS

King's School  
Hangleton Way  
Hove  
BN3 8BN

01273 840004

[admin@kingsschoolhove.org.uk](mailto:admin@kingsschoolhove.org.uk)  
[www.kingsschoolhove.org.uk](http://www.kingsschoolhove.org.uk)

## Forthcoming Events

<b>Wednesday 6<sup>th</sup> April</b>	<ul style="list-style-type: none"> <li>Easter worship services 9-12pm</li> </ul>
<b>Friday 8<sup>th</sup> April</b>	<ul style="list-style-type: none"> <li>End of term – students dismissed at 12:25 (KS3) and 12:30 (KS4)</li> </ul>

## End of Term Arrangements

As you will know next Friday 8th April is the final day of this Easter term. Students should arrive in school for an 8:30am start as usual on this date in full school uniform. They will have tutor times and lessons and an extended break/brunch. Students in receipt of free school meals will be able to spend their allowance during this break/brunch period. The final day of term is always an important day for us as a community to reflect on the term that has passed and the term that lies ahead. **Key Stage 3 students will be dismissed at 12:25pm and Key Stage 4 students will be dismissed at 12:30pm on this date. Please note that bus services will be running at usual times on this date so students should consider their return travel plans in advance.**

## Easter Holiday Helplines

If you, or someone you know, is experiencing difficulties this Easter the following services are available and can offer support for wide variety of issues:

- Feeling low or suicidal:  
<https://www.samaritans.org/>
- Support for young people facing difficulties or abuse: <https://www.childline.org.uk/>
- Domestic abuse support in Brighton:  
<https://www.victimsupport.org.uk/resources/brighton-and-hove-domestic-abuse-specialist-service/>
- Alcohol dependency and recovery/substance misuse:  
<https://www.changegrowlive.org/brighton-hove-recovery-service/info>

If you have any concerns regarding your child ahead of the Easter break, please do not hesitate to contact their form tutor or Head of Year and they will be able to discuss ways to support.

## National Citizenship Service

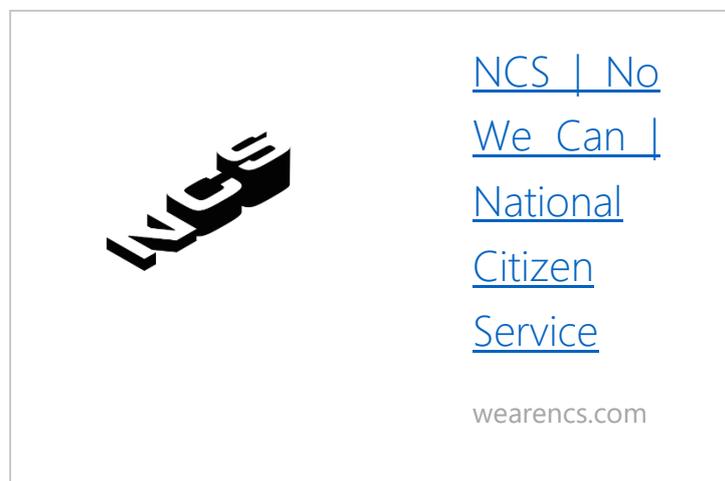
On Wednesday morning the National Citizenship Service (NCS) ran an assembly for Year 11.

NCS is a voluntary programme for young people aged 15 to 17. The students take part in a residential experience which usually combines outdoor, adventure, and team-building activities. As well as

developing independent living skills the students go on to plan and deliver social action projects, gaining understanding and awareness of key social issues as well as developing important skills for their futures.

If students are interested in signing up for the programme they should take a look at the website:

<https://wearencs.com/>



This is an amazing opportunity that past students have substantially benefitted from as they move onto post 16 education and beyond.

## Safety and Wellbeing: E-scooters

We have received a number of emails in recent weeks, from members of the public, regarding pupils riding e-scooters on roads and pavements. As the law currently stands, e-scooters are illegal and cannot be ridden on public roads or pavements. The local police are currently enforcing the law relating to e-scooters with 126 being seized already this year. Katy Bourne, police and crime commissioner for Sussex, said, "As the law stands at the moment e-scooters can only be ridden on private land and Sussex Police have made it clear that they will continue to enforce the law. My advice is – don't ride them in public or you run the risk of injury to yourself and others, being fined or having the e-scooter seized." You can find out more about the issue in this BBC article which relates to Sussex: <https://www.bbc.co.uk/news/uk-england-sussex-60917769>

We would therefore strongly recommend that your child does not ride an e-scooter to school and uses another form of transport.



make the world friendlier to those who are affected by it.

## Autism –The Differences



## Year 10 Food and Nutrition

After learning the science behind making a successful soufflé, Year 10 Food Preparation and Nutrition students put their knowledge into practice, rising to the challenge and producing soufflés in their technical baking assessment. Well done Year 10!



## Student of the Week

### Students of the week

<b>Year 7</b>	Georgia P
<b>Year 8</b>	Angie I
<b>Year 9</b>	Poppy B, Robbie N
<b>Year 10</b>	Evie O
<b>Year 11</b>	Freya H

## Attendance

Attendance levels have been rising this week - well done everyone and keep it up for the final week of term!

## Nuts

A reminder that King's is a nut free school and nuts/seeds of any kind should not be bought onto site. Thank you for your co-operation on this matter.

## Autism Acceptance Week w/c 28th March

Autism means that someone's brain works differently. You might also hear the word "neurodiverse" to refer to people on the autism spectrum. Each autistic person is different. Autistic people have different strengths and need help with different things. You can't see if someone is autistic, it is an invisible condition. World Autism Acceptance Week aims to draw attention to the 700,000 people living with autism in the UK both to educate those unaware of the condition, and to help

## Badminton

Our badminton teams took part in the Sussex Badminton Tournament yesterday at Brighton University. Our KS3 girls performed well and beat Hazelwick School without losing a game and lost to Downlands. They made it through to the semi finals but unfortunately lost to St Oscar Romero (who won the tournament) and then played Heathfield in the 3rd/4th layoff and lost 3-2 on games. The girls improved lots during the tournament playing against a lot of girls who play club badminton. KS4 boys played in a high quality competition against 3 other schools: they lost to Downlands (eventual winners) and Bohunt (3-2 games with 2 narrow 21-19 losses) but beat Heathfield convincingly. Brandon and Oliver won a couple of singles matches each and there was some good doubles play by the rest of the squad. The results were tied but King's ended up in 3rd place and missed out on 2nd by 3 points on countback. Our KS4 girls did exceptionally well in a tough competition and ended up coming 2nd place! They lost to Downlands (eventual winners again!) but beat Heathfield and Davison High with some excellent performances from all the girls including great singles wins for Ella, Jemima and Evie, as well doubles wins for those girls and Ella and Sophie in each match. Overall a very impressive set of results for our King's teams who did us proud all day!



## Year 10 Exams

Year 10 exams will run from the 26th April (second day back after the Easter holidays) for a week until Tuesday 3rd May, at the mid-point of students' GCSE courses. Exam timetables will be issued shortly and teachers will be sharing the exam details with students. Please encourage your child to begin to think about revision from now and to plan to do some revision over the Easter holidays if possible.

Monday 25 April 2022	Tuesday 26 April 2022	Wednesday 27 April 2022	Thursday 28 April 2022	Friday 29 April 2022
No tutor, register at exam room	No tutor, register at exam room	No tutor, register at exam room	No tutor, register at exam room	No tutor, register at exam room
English Language P2	Combined Science Biology	Combined Science Chemistry	English Literature P1	Combined Science Physics
	Come to exam after break	Come to exam after break	Come to exam after break	Come to exam after break
	Maths P1 Non Calculator	Spanish Listening	French Listening	History
Come straight to exam at 1.20	Come straight to exam at 1.20	Come straight to exam at 1.20	Come straight to exam at 1.20	Come straight to exam at 1.20
Geography	Design Technology Music Business Studies Food Technology	PE Drama Computer Science	Media Studies	French & Spanish Reading
BANK HOLIDAY 2 May 2022	Tuesday 3 May 2022	Wednesday 4 May 2022	Thursday 5 May 2022	Friday 6 May 2022
	No tutor, register at exam room	<b>MFL Speaking Exams</b>	<b>MFL Speaking Exams</b>	<b>MFL Speaking Exams</b>
	Religious Studies	Spanish - GLE & GPH	Spanish - GLE French - JME	French - JME Until Break - 10.40
	Come to Exam from break	All Day	All Day	
	Maths P2 - Calculator			
	Come straight to exam at 1.20			
	French & Spanish Writing			



## YEAR 8 FUND RAISING EVENT

During lunchtime on Wednesday 6<sup>th</sup> April all year 8 students will be running, walking or dancing on the school field continuously for 30 mins to raise money for our chosen charities and in support of the war relief work in the Ukraine.

### How can you help?

- Bake a cake and bring it in on the day to sell at break and lunchtime
- Sponsor us! Make a donation via parent pay or use the sponsorship form each Yr 8 Student will have, to pledge some money.



## King's School Fund

Raising money to enrich and expand our students' experiences.

Visit <https://www.justgiving.com/campaign/kings-school-fund> or click on this image to be taken to the page.

Every donation has an impact on a student's education experience.

Thank you for your support



King's School Fund

## Ramadan

During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting. Children are not expected to fast until they reach puberty, usually around the age of 14.

Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad. The actual night that the Qur'an was revealed is a night known as Lailut ul-Qadr ('The Night of Power').

In 2022 in the UK, Ramadan will begin in the evening of Saturday 2 April and will end on Sunday 1 May.

If your family would like to speak to anyone about or during Ramadan, please contact your child's Head of Year.

## Gymnastics success!

Emilia H in Year 7 competed in the British Gymnastics Championships last weekend and won three gold medals for her performances on bars, beam and floor. Congratulations Emilia!



## Back to your Future attendance Campaign

The local authority have launched a new attendance campaign to raise awareness of how important it is to attend school every day and you can see some of the facts around attendance in their poster. Your child's form tutor will continue to encourage and reward excellent attendance throughout the year and be in touch with you if any concerns arise. Our whole school target for attendance at King's is 96%. Please open the attached file to watch a short video from the campaign.

### Why is school attendance so important?

Attending school **regularly** helps to build **confidence** and develop vital **life skills**



**School** is the **key** to **future success!**



is the **key** to **future success!**

Missing **2 days** of school each month = Missing nearly **3 weeks** during a school year



**15 minutes** late every day =



**two weeks** of learning lost each school year

Data shows pupils with more than **95% attendance** Achieve better **GCSE results!**  
**at least one grade higher!**



Even **90% attendance** is still 19 days of education lost in a school year



**ATTEND! AIM HIGH! ACHIEVE!**

Please speak to a teacher, or the attendance lead at your school if you have any concerns. Further information can be found at [www.brighton-hove.gov.uk/support-at-school](http://www.brighton-hove.gov.uk/support-at-school) or by emailing Brighton & Hove's Attendance Team – [attendanceteam@brighton-hove.gov.uk](mailto:attendanceteam@brighton-hove.gov.uk)

## Summer Enrichment- Rsy Netzer

There are some great opportunities for Jewish students in Years 7-10 this summer to go on enriching summer camps. For Year 11 there is the opportunity to go to Israel for 1 month on an incredible once in a lifetime trip. Links are below.

Please be aware that financial assistance is available for camps and trips.

Going into next year, these can lead to amazing leadership opportunities that will give you great skills and experience that will be fantastic for your developing CVs.

Please contact Mr Bensusan if you want any more information.

<https://rsy-netzer.org.uk/shemesh-summer-camp-2022/>

<https://rsy-netzer.org.uk/israel-tour-2022/>

Upcoming events from the King's School PTA:

- 28<sup>th</sup> April 2022 – PTA AGM.
- 24<sup>th</sup> June 2022 – Parent/Carers walk and talk. Parents/Carers to meet in the school playground at 9.30 and walk in the local area around school, returning to school for refreshment and uniform sales.
- 1<sup>st</sup> July 2022 – Uniform sales on induction day from 1pm.
- 14<sup>th</sup> July 2022 - Non-uniform day and refreshments to be sold after school.
- 5<sup>th</sup> September- 6<sup>th</sup> September 2022 – Honesty uniform sales in the main reception.
- 15<sup>th</sup> September 2022 – Colour Run.
- November/December 2022 – Christmas hampers.

The PTA regularly accept donations of disposable cups, refreshments and packaging suitable for sweets. They are always looking for match funders, if you would like to offer this support please contact the PTA on [pta@kingschoolhove.org.uk](mailto:pta@kingschoolhove.org.uk).

Payments for PTA events can be made using the sum up link [here](#). Events can be paid for in advance, you will receive confirmation of booking within 5 working days via an email from the PTA. If you would like to buy uniform, please email the PTA for stock and only make payment after you have the items.



## Speakers for Schools

Broadcasts are a great way for students to hear directly from leading figures from a range of industries, and have the opportunity to ask questions via a moderated Q&A. Speakers for school provide live and recorded broadcasts for students to participate in. Watch pre-recorded broadcasts from the library [here](#). Next week's broadcast schedule is below:

<b>Date</b>	<b>Tuesday 26<sup>th</sup> April 10-10:45am</b>
<b>Speaker</b>	<b>Green Skills Week: Anne Richards, Chief Executive Officer, Fidelity International</b>  For KS4-5/S4-6
<b>Info</b>	What is Green Finance? How can companies adopt sustainable business practices? Join our broadcast with Dame Anne Richards, Chief Executive Officer at Fidelity International to find out. Anne is looking forward to answering your questions during the student Q&A session.  Click <a href="#">here</a> to register

<b>Date</b>	<b>Wednesday 27<sup>th</sup> April 10-10:45am</b>
<b>Speaker</b>	<b>Green Skills Week: Christine Hodgson, Chairperson, Severn Trent &amp; Former Chairman, Capgemini</b>  For KS4-5/S4-6
<b>Info</b>	Are you passionate about not only protecting our environment and water but enhancing it too? Then this is the broadcast for you. Join us for a broadcast with Christine Hodgson, Chairperson, Severn Trent & Former Chairman, Capgemini to find out how Severn Trent are 'Getting River Positive' and are playing a leading role in ensuring their rivers are as healthy as possible.  Click <a href="#">here</a> to register

<b>Date</b>	<b>Monday 25<sup>th</sup> April 10-10:45am</b>
<b>Speaker</b>	<b>Green Skills Week: Hugo Tagholm, Chief Executive, Surfers Against Sewage</b>  For KS3-5/S1-6
<b>Info</b>	Are you interested in learning about the work being done to end sewage pollution? Join us for a broadcast with Hugo Tagholm, Chief Executive, Surfers against Sewage to find out about how they are working to create a thriving ocean and how your school can get involved!  Click <a href="#">here</a> to register

<b>Date</b>	<b>Wednesday 20<sup>th</sup> April 10-10:45am</b>
<b>Speaker</b>	<b>John-Paul Flintoff, Author and Journalist with The Sunday Times</b>  For KS4-5/S4-6
<b>Info</b>	We are excited to host a broadcast with John-Paul Flintoff, Author and Journalist with The Sunday Times. Join us to learn about John-Paul's insights into Journalism and also some important life lessons such as how to deal with setbacks. John-Paul is looking forward to answering your questions!  Click <a href="#">here</a> to register

### Level 1 CYCLE TRAINING



**at Preston Park and Hove Park**

Level 1 is where you will learn to control your bike.

**One session course**  
Monday 11 April at Hove Park  
Tuesday 19 April at Preston Park  
10am – 12.30pm

**Ages 9 – 15**

Riders must be able to ride without stabilisers  
Riders must wear a helmet  
Places are limited and on a first-come first-served basis.  
Level 1 training costs £15 per person.  
To book your place, please visit [www.sports.brighton-hove.gov.uk](http://www.sports.brighton-hove.gov.uk)

### Level 1 & Level 2 CYCLE TRAINING



**at Preston Park and Hove Park**

Level 1 is where you will learn to control your bike.  
Level 2 is where you start with real traffic, but sticking to quiet roads.

**4 sessions on consecutive days**  
Monday 11 – Thursday 14 April  
Tuesday 12 – Friday 22 April  
10am – 12.30pm each day

**Ages 9 – 15**

Children must wear a helmet  
Places are limited and on a first-come first-served basis.  
Levels 1 & 2 together is £35 per person.  
To book your place, please visit [www.sports.brighton-hove.gov.uk/events](http://www.sports.brighton-hove.gov.uk/events)

### Level 3 CYCLE TRAINING



**at Preston Park and Hove Park**

Level 3 is where you learn to cycle safely on busy roads within the city.

**3 sessions on consecutive days**  
Monday 11 - Wednesday 13 April  
Tuesday 19 – Thursday 21 April  
1.15pm – 3.15pm each day

**Ages 11 – 15**

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.  
Children must wear a helmet  
Places are limited and on a first-come first-served basis.  
Level 3 training costs £40.00 per person.  
To book your place, please visit [www.brighton-hove.gov.uk/events](http://www.brighton-hove.gov.uk/events)

## 12 to 15 year olds can still get their COVID-19 vaccination

### Here's how:



At school. Our immunisation service may be visiting your school soon, please check your school website for dates. Make sure you've completed a consent form, the link for this has been emailed to you by your school.

Missed the school session? Book onto a dedicated children's community clinic. Check the acknowledgment email sent to you when you submitted your consent form (it's from noreply@cinnamon) and there will be a link to search for local clinics and book an appointment.



Visit a vaccination centre. Book an appointment at [www.nhs.uk/covidvaccine](http://www.nhs.uk/covidvaccine) or by calling 119. Walk-ins available at Churchill Square, Brighton and Northgate, Chichester.

If you have any questions or need help to fill in your consent form, please call us on 01293 227797.

## ST PETER'S WEST BLATCHINGTON

# PAPER AEROPLANE COMPETITION

### FRIDAY 13TH MAY 3-5.30PM

£1 ENTRY PER PLANE  
RAFFLE & REFRESHMENTS

## COME FLY WITH US!

ST PETER'S CHURCH, WEST BLATCHINGTON, HOLMES AVENUE  
[WWW.STPETERSWESTBLATCHINGTON.ORG.UK](http://WWW.STPETERSWESTBLATCHINGTON.ORG.UK)

NEWSLETTER - EASTER 2022

A FAMILY CHURCH WITH JESUS AT ITS HEART

## ST PETER'S CHURCH WEST BLATCHINGTON

NEWSLETTER - EASTER 2022

A FAMILY CHURCH WITH JESUS AT ITS HEART

### St Peter's 'Open Church' drop-in

On the first Friday of every month from 10.30am until noon

'Drop-in' for a coffee, piece of cake, conversation and companionship.

A very warm welcome awaits you, so please come and join us - we'd love to see you.



### Tea and Tots

Come and join us for a play, cup of tea, songs and story time at the Church Hall enclosed outdoor play area. Only £1 per family. In partnership with St. Anthony's Pre-School. **Fridays 9.30am to 11am.**

The last two years have forced us to encounter death on a daily basis. With each new flash another statistic on how many lives lost to Covid. The danger is we can begin to get used to it. But have you ever wondered what happens next?

Is there life after death?

How can we know?

And how can knowing the truth set us free?

I'd love to invite you to St. Peter's by the windmill this year to find out more!

For all-ages and families join us in the morning, for something more reflective and traditional come in the evening. Whatever you decide to do we look forward to welcoming you soon! With every blessing this Easter,

Rev'd Tim Gage,  
Rector, St. Peter's,  
West Blatchington.



### Holy Week and Easter Services

**Maudy Thursday**  
Thursday 14th April  
Holy Communion - 7.45pm

**Good Friday**  
Friday 15th April  
All-age worship - 10am

Tenebrae: a service of meditations on Christ's passion - 7pm

**Easter Sunday**  
Sunday 17th April  
Sunrise Service - 6am  
All-age Parish Eucharist - 10am



The Hangleton and West Blatchington Foodbank (Registered Charity Number 1171532) is a project jointly sponsored by St Peter's and our close friends at St George's RC Church.

The dedicated team of volunteers continues to work tirelessly to support local families in food poverty. At this time, the number of households seeking help is rising rapidly and donations, whether in cash or kind, are desperately needed.

Donations of food can be made by phoning our donations coordinator on 07828 658337 or emailing [hangletonfoodbankdonations@gmail.com](mailto:hangletonfoodbankdonations@gmail.com)

Monetary donations can be sent to Hangleton and West Blatchington Foodbank at HSBC, 40-25-03, 51650521.



### Something To Look Forward To

**Free Lunchtime Concerts:**  
14th May - Hangleton Brass Ensemble  
17th June - Michele Welling - Violin

Held every month at 1.10pm. Refreshments provided and donations welcome to support future concerts. All concerts are listed on our website.

'Come Fly With Us' paper aeroplane event  
Friday 13th May 3pm to 5.30pm. Fun for all the family. Entrance is only £1. You can find full details on our website.

**Summer Fair**  
Saturday 18th June - 11.30am to 2.30pm

**Tim's Hymns and Pimms Evening**  
Saturday 9th July - 6.30pm to 8pm  
Come and enjoy singing your favourite hymns with us.

Full details on our website [www.stpetersadmin@zoho.com](http://www.stpetersadmin@zoho.com)

Please scan the QR code in the camera of your mobile phone to donate towards Church funds. No amount is too small. Many thanks.



St Peter's West Blatchington  
Registered Charity 1166661



## A Family Church with Jesus at its Heart

### ST PETER'S CHURCH REGULAR WEEKLY SERVICES

#### SUNDAY

10.00am - Parish Eucharist with Sunday School (except for the 1st Sunday of the month)

St. Peter's @4 Family Service - 1st Sunday of the month at 4.00pm

10.00am Online service via Youtube

The Clergy are available for spiritual counsel and healing prayer. Please visit our website [www.stpeterswestblatchington.org.uk](http://www.stpeterswestblatchington.org.uk) and find us on Facebook for all our planned events.

**HARRISON STREET FOOD**

**HARRISON**  
food with thought

**Wednesday 6th April**  
**King's Fried Chicken Day**

**Break:** Spicy Chicken Hot Wings £1.20  
Hash Brown & Rings £1.20  
Pepperoni Pizza £1.50

**Lunch:** Crispy Chicken Burger with Fries & Coleslaw £2.10  
Breaded Chicken Thigh with Corn-on-the-Cob & Fries £2.10  
Vegetable Burger with Lettuce & Sweet Chilli Mayo, Coleslaw & Fries £2.10

**Dessert:** Flake Sundae 85p  
Chocolate Chip Cookie 85p

**Meal Deal:** Main Meal & Dessert £2.35

Penne Napolitain Hot Pot £1.85  
Crispy Chicken Hot Wrap £1.85

**HARRISON**  
food with thought

**Celebrate Easter**

**Easter Specials 4th, 5th, 7th April.**

Monday 4th  
Easter Pop Muffin £1.00

Tuesday 5th  
Shortbread Egg Hunt 85p

Thursday 7th  
Chocolate Chicks Nest 85p

**Apprenticeship Taster Days**

**Gas & Electrical Courses**

Tour the centre | Meet the trainers  
Practical training sessions

**Book now to secure your place**

13+ Year Old Age Requirement

**Burgess Hill**  
Unit F2, Marchants Way, RH15 8QV

22nd March 10am-1pm  
20th April 10am-1pm  
26th May 10am-1pm

01444870860  
apprenticeships@stevewillis.com

**HADO AR SPORTS**

**EASTER CLUB**

DATE: 11TH & 12TH OF APRIL  
TIME: 9 AM - 3 PM [BYO LUNCH PACK]  
RALLI HALL GYM, 81 DENMARK VILLAS, HOVE BN3 3TH

**Get active, get social, and have loads of fun!**

**BOOK VIA EMAIL: INFO@HADO-EVENTS.COM**  
**OR CALL 01273 030766**

**Ages 8-12**  
**Cost: £40 a day**  
**£70 for 2 days**

QR code with Facebook logo





HELLO, PARENTS & GUARDIANS!

WE ARE BEEZEE BODIES, AND WE WORK WITH BRIGHTON & HOVE COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

## WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU IN MAY (PLUS LOTS OF ONLINE SUPPORT AVAILABLE TOO).

## SIGN UP FOR FREE TODAY!



SCAN ME WITH YOUR SMARTPHONE CAMERA!

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Brighton & Hove and include one child age 5-15 who is above their ideal healthy weight.

## HAPPY EASTER! LET'S MAKE HOT CROSS BUNS!



### WHAT YOU'LL NEED:

#### For the buns:

500g wholemeal flour  
60g HalfSpoon sugar  
7g fast-action yeast  
75g sultanas  
25g dried mixed fruit  
1 tsp ground cinnamon  
1 tsp mixed spice  
300ml skimmed milk  
30g low-fat spread  
1 egg

#### For the crosses:

75g plain flour  
75ml water

#### For the glaze:

3 tbsp apricot jam

### WHAT TO DO:

1. Add the flour, half spoon, yeast, sultanas, mixed fruit, cinnamon and mixed spice to a large mixing bowl and mix together.
2. Add the milk and spread to a small saucepan and bring to a slight simmer before removing from heat.
3. In a separate bowl, whisk the egg.
4. Create a well in the flour mixture and gradually stir in the wet ingredients to form a dough.
5. Transfer to a floured surface and knead for 5 minutes.
6. Return the dough to the bowl, cover with cling film or a clean tea towel and leave to rise for 1 hour or until the dough has doubled in size.
7. Transfer the dough onto a floured surface and squeeze out the air. Split the dough into 15 equally sized pieces (about 70g each). Shape each piece into a bun and place on a baking tray lined with baking paper.
8. Cover the buns with cling film or a clean tea towel and leave to prove for 1 hour.
9. Preheat the oven to 200C. In a small bowl, mix the flour and water to form a paste to create the crosses. Transfer the paste into a piping bag or sealable food bag (you can cut off a corner of the bag to act as a nozzle)
10. Once the buns have proved, pipe crosses onto the top of each bun. Bake in the oven for 15-20 minutes until golden.
11. Gently heat 3 tbsp apricot jam in a pan and glaze the buns while they are still warm. If you don't have a pastry brush to glaze with, you can just use the back of a spoon.



[beezeebodies.com](http://beezeebodies.com)

BeeZee Families

01273 294589

