

Spenser Avenue North Walsham Norfolk NR28 9HZ

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North
Walsham
High School

Dear Parent/Guardian

Yr7 Food Preparation & Nutrition

This year we are taking a different approach to supporting students in developing their food preparation skills. Your child will be studying Food Preparation & Nutrition for three lessons a fortnight over ten weeks. They will then move on to either Computer Science or Design & Technology.

Last year I experienced a significant number of students either forgetting their apron or ingredients every lesson which frustrated everyone involved. This meant that a lot of students missed out on learning how to cook for themselves and their family. To resolve this issue the following has changed;

- 1. Students will be provided with burgundy school aprons each lesson.**
- 2. Parents will make a single payment on Wisepay to cover the cost of all ingredients for all recipes.**

We will be bulk purchasing ingredients at school therefore lowering the cost to parents. For students with food allergies and intolerances the appropriate alternatives will be provided. All the students need to do is arrive to lessons ready to cook. Demonstration videos, powerpoints and recipes will be available on Frog for students to become familiar and practice the required techniques before the practical lesson and we encourage you to support your child to accomplish their cooking skills and techniques.

Students in Yr7 will be making the following dishes

- Vegetable Couscous
- Apple & Sultana Crumble
- Parmesan Chicken Nuggets
- Breakfast Muffins
- Koftas

The total cost for all of the ingredients is **£15.00** which I'm sure you will agree is markedly lower to the amount you would normally need to pay for each separate item. To make the payment please log on to the school website to find Wisepay and click the General Products button. Select Year 7 - £15.00.

Payments need to be made before **Friday 5th October**.

Thank you in anticipation of your swift cooperation. If however you have any queries please do not hesitate to contact me on the schools telephone number above.

Yours sincerely

Mrs Lisa Othon

Head of Design & Technology
Teacher of Food Preparation and Nutrition

Yr10 STEM Coordinator

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The logo for North Walsham High School is located in the top right corner. It consists of a dark red square containing the school's name in white text. The name is arranged in three lines: "North" in a bold sans-serif font, "Walsham" in a bold sans-serif font, and "High School" in a white script font. To the right of the red square is a vertical bar with a yellow top section and a blue bottom section.