

HSB Noticeboard

Congratulations Dean

On passing your driving test!



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Resource Centre
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Tues to Thurs 9.30am to 4pm



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE

STRAWBERRY

SUMMER

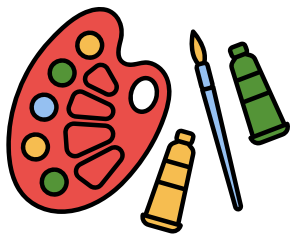
THIRTY DAYS

VACATION

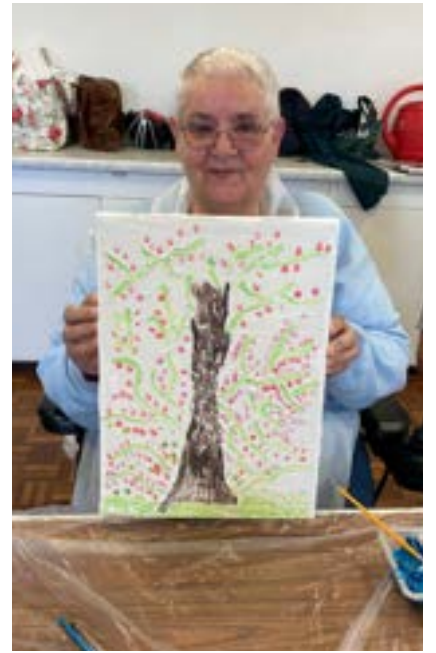
WEDDING

Photos from our baking session!





A creative arts session



Quick pasta recipes to try

Creamy mushroom & spinach pasta

L Prep: 5 mins
Cook: 20 mins

X Serves 2



Ingredients

2 tbsp olive oil

1 small onion, finely chopped

150g baby mushrooms, halved

150g tagliatelle

2 garlic cloves, crushed

200g low-fat crème fraîche

15g parmesan or vegetarian alternative, grated

120g baby spinach

½ tsp chilli flakes (optional)

Method

- Step 1** Heat the oil in a medium saucepan over a medium heat and fry the onion and mushrooms for 10 mins, or until softened and browned slightly. Meanwhile, cook the pasta following pack instructions.
- Step 2** Add the garlic to the pan with the mushrooms and cook for 2 mins more. Tip in the crème fraîche and parmesan, stir to combine, then add the baby spinach. Set aside.
- Step 3** Remove the pasta from the heat and drain, reserving 25ml of the water. Toss the pasta in the creamy mushroom sauce, put back on the heat and cook over a low heat until the spinach wilts, about 5 mins. Pour in enough of the reserved water to loosen slightly. Season with black pepper and finish with a sprinkle of chilli flakes, if you like.

Quick creamy salmon pasta

L Total time 20 mins
Takes 20 mins

E Easy

X Serves 4



Ingredients

350g farfalle

200g tub light soft cheese

squeeze lemon juice

145g pack gravadlax, torn into pieces, or smoked salmon trimmings

bunch chives, snipped

Method

- Step 1** Cook the pasta following pack instructions. Once it's cooked, drain, reserving some of the water, and tip it back into the pan. Add the soft cheese, lemon juice and gravadlax or smoked salmon with some pepper and mix well. Add a little of the pasta water to help form a creamy sauce, and heat through.
- Step 2** Add most of the chives, stir, and divide the pasta mixture between bowls. Serve with the remaining chives scattered on top.

Interesting facts about July

It is the second summer month after June.

There are many countries which have their Independence Day during the month of July.

July is the warmest month in the northern hemisphere on average.



Sometimes the hot, long days of July are called the “dog days of summer”.

July is known as both picnic month and ice cream month.



July’s original name was Quintillis.

There’s a saying that goes “if the 1st of July it be rainy weather twill rain, more or less for four weeks together”.

The census of swans takes place annually during July on the River Thames in a ceremony known as Swan Upping. Swans are counted and marked on a 70 mile, five day journey up the River Thames.

