

St Andrew's Fox Covert
R.C. Primary School



Community
Magazine

Edition 1

Dear Boys, Girls, Parents, School Staff and Community Friends,

Welcome to the first ever edition of the St Andrew's Fox Covert Community Newsletter! I am delighted to introduce this first edition and share the hard work of all those who have contributed.

In these unusual times, keeping connected is even more important than usual. I trust that the pages to follow will brighten up your day and remind you of how, even in the toughest of times, our community joins together to nurture, inspire others and flourish.

With every good wish,

Mrs Favier

Rocky Road Recipe
by Aimee and Maia Baxter

Ingredients:

- 200g dark chocolate digestive biscuit
- 100g mini marshmallows
- 135g butter
- 2tbsp golden syrup
- 200g milk cooking chocolate



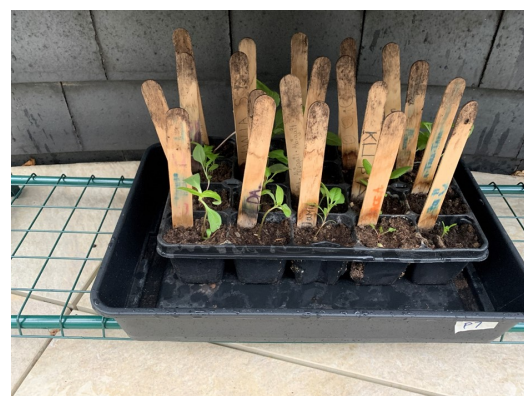
1. Get an approx 20cm baking tin and grease it with butter. Set aside.
2. Put the 200g of dark digestives in a bowl and smash until crumbs or pea size. Set aside.
3. In a medium sized saucepan put the 135g butter, the 2tbsp golden syrup and the 200g milk cooking chocolate and heat at a medium heat until all has melted
3. Add the 200g of crushed dark digestive into the saucepan.
4. Leave to cool for approx 10 min.
5. After cooling add in the 100g of mini marshmallows and mix.
6. Pour the mixture into the greased baking tin and even it out.
7. Leave to set in the fridge for at least 2hrs.
8. Once hardened cut into even squares and enjoy eating it!

Our Mary Garden

Here are some pictures of the seedlings destined for the Mary Garden at St. John the Baptist Church.



There are also some pictures of the Mary Garden as it looked like today. We are starting to get some plants in, so it doesn't look as bare. We may plant a few marigolds and wait to put the others in nearer to mid-end May after the risk of frost has passed. Some of the plants are still quite small, so we'll wait a few more weeks before getting them out in the garden.



I've had these seedlings outside during the day. This is called 'hardening off' and it acclimatizes these indoor grown plants to outdoor conditions. It's done in stages. If you grow plants inside and then suddenly put them outside full time, it's a 'shock' to their system, so to speak. They need a few weeks to adapt to the full strength of the sun, drying winds and cooler temperatures. This hardening off aids to prevent shock and helps them grow better overall. I've certainly noticed that the marigolds' stems are much thicker than they were and more resilient in the wind.

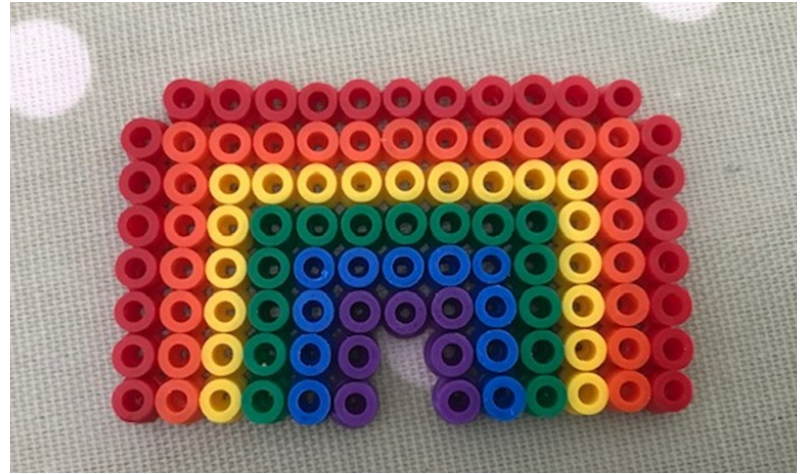
If you would like to donate a plant towards the Mary Garden, please get in touch! You can contact me at shelley@colquhoun.com and I can give you further details.

By Shelley Colquhoun

Rainbow Quiz

By Lucy P5

Drawings and paintings of rainbows are on windows in thousands of houses across Edinburgh. Rainbows are colourful, pretty and make people happy during this hard time with the Coronavirus pandemic. They are also a sign of hope, just like how God gives us hope that everything will be ok in the end. I have written this quiz to help you learn more about Rainbows:



Question 1. True or False - a rainbow has 7 colours?

Question 2. True or False - the 7th colour of the rainbow is pink?

Question 3. True or false - everyone who sees a rainbow sees exactly the same rainbow?

Question 4. True or false - The shape of a rainbow is a circle not an arch?

Question 5. True or false - Rainbows appear from rain but can also be seen in mist, fog, spray and dew?

Question 6. True or false - The longest lasting rainbow to stay visible in the sky lasted over 8 hours?

Question 7. True or false - The planet Venus which is closest in size to earth also has rainbows?

Question 8. True or false - you can make your own rainbow with sunlight and a garden hose?

Question 9. True or false - you can touch a rainbow if you get close enough to it?

Question 10. True or false - a rainbow arch is a 42 degree angle starting from the direction opposite the sun?



(Answers 1. True 2. False 3. False 4. True 5. True. 6. True 7. False 8. True 9. False 10. True)

Technology during lockdown- a positive or a negative

Phones, tablets, laptops, social media. Common words that we hear nearly everyday during the 21st Century. This technology and new way of communication is positive- many easy ways to communicate and is improving technology and IT skills etc. But along with these great positives, there are also negatives. There is a huge danger with technology and social media that it becomes overused by an individual and the more physical interaction and activities can be forgotten about. But what is so bad about that if you are still communicating? I want you to have a think. How often do you use technology and/or social media?

For myself personally, technology has been a lifesaver in our current climate. Having recently moved out of my family home, I have been able to keep in contact with close family and friends. This was particularly useful when celebrating my Mum's 50th Birthday. Never did I think we would be having a video party to celebrate- but that was what happened. It felt as close to normal as it could. I feel it has also been a saving with school work. My class has Microsoft Teams up and running and it is lovely to hear from them, and answer any questions they have directly. Technology is allowing me to keep aspects of my life as normal as possible and for that, I am grateful that I did not live 70 years ago. With no technology, I think I would be climbing the walls!!

However, if this was what I did all day (phone, laptop and tablet), I would be a much grumpier, less positive person. At the start of lockdown, I was spending 90% of the day on my phone or laptop, and then just sitting the garden- not exercising or settling my brain down for the night. I found it hard to sleep and was far more grumpy than usual! Then, I heard on the radio a few weeks ago that if you are on your phone late at night, it tricks your brain into thinking you are staying up longer and it's harder to get your brain to switch off! I decided to limit my screen time after this to see if it made an impact and I could not believe when it did! I was much more positive, more focussed on my work and felt good about myself! I now always feel the benefit of getting out into the fresh air and clearing my head by going for a walk or a run. When looking at a screen all day, my eyes got sore with the light, boredom set in and my mood lowered. Getting out without my phone on me and putting it away after dinner, it helps me to calm myself and reflect on my day before bed!

So, for me, is technology a positive or a negative? I feel that technology is a massive positive for our world, especially in our current climate BUT only if used in moderation! If used too much, it is definitely a negative to our bodies and mental wellbeing! Without technology, life would be very different right now and some things (like schooling) could not continue. Make sure you are getting out in the garden, walking or running to clear your mind and limiting your screen time.

The benefits will be massive!

By Miss Glen



Magazine - Puzzles

Wordsearch

Date 24.04.20
Page

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Taking a moment to appreciate your surroundings.

These are very strange and difficult times for everybody. We are all busy home learning, working remotely, some of us may be working long hours in an essential role as a key worker and some of us might just be waiting for normal life to resume. Whichever position you are in, it is very easy to feel overwhelmed at times. Now, more than ever, it is important that we all take a moment to stop and reflect on the important and simple things in life.



Mindfulness and staying active is becoming increasingly more important for our mental health. Mindfulness can be as simple as taking a quiet moment to yourself in your room, listening to some music, reading a story, stepping back to appreciate what you have or going for a gentle walk. Any of these can help you to deal with anxiety and stress and allow your brain to take a break allowing you to get ready to start whatever tasks you need to do with a fresh perspective.

To take your mind away from the current situation, go outside or find a peaceful spot in your home or go for a slow walk and pay attention to your breath and every movement. Slow down and become aware of your surroundings. You will be surprised by the things in your environment that you see every day but never actually notice. Tune into all your senses. What can you see, hear, smell? Notice everything, the little weed growing in the pavement, the bee flying by, a seagull's high-pitched squawk in the distance. Have a look at the most insignificant things and notice the beauty in them.



Take a piece of paper and sketch what you see, you will be surprised by the intricate detail of the most insignificant objects. If there is a particular feature you fall in love with, the missing corner of a petal, the dull colour of the shadow cast, focus on that, the little imperfections. Exaggerate it, notice how you are feeling as you examine it. Reflect how your feelings are portrayed innately in what you are doing. Don't worry about accuracy, enjoy the relaxation of the process and appreciate how your senses help you relate to your environment, in both dramatic and small ways. You may be surprised by the feeling of relaxation and awe you get when you're immersed in the simplest things.

By Miss Sealy

Look at what we have been getting up to.....

Anna and Max have been working really hard in the garden during lockdown. To attract birds they helped to build and paint a bird house. They also planted lots of seedlings which are now growing and getting nurtured in the green house where they get checked regularly and watered.

To make our garden and street more bright and colourful and to share some joy they have been making volcanoes and smiley faces on rocks.

A lovely local lady donated a jewellery making set with loads of beautiful stones. Anna and Max had so much fun and spent a lot of time making brooches and necklaces from the collection. As a way to pay the kindness forward we gave the jewellery to family and friends to hopefully



It was my birthday during lockdown and I got a guitar. I'm learning to play it with my dad. Hopefully I will be able to play a song when I'm back at school.



Mrs Finlayson has been busy making scrub hats for our NHS. The idea was to make around 20 but there have been 80 sent out. Hasn't she done an amazing job!



The Power of the Outdoors

I find myself wanting to spend more and more time outdoors now more than ever. The feeling of the sun on my face, or more often than not the rain beating down on my shoulders. For me, it is a need to be in the outdoors, a desire to feel the benefits that it brings. It's not a reflection on my busy lifestyle or the want to get away from it all but there's a sense of calm and stillness in reaching out to nature. Working with children beyond the classroom has opened my eyes to the advantages that it brings. Their little faces shine at the thought of getting the opportunity to get creative in a different environment whatever the weather. Children are flourishing in their communication with one another and are open to making mistakes because they feel comfortable to do so.

In this current climate we are limited to the amount of time we can spend outside of our homes and how far we can travel. Maybe it's time to explore and appreciate what lies on our doorstep for the sole benefit of our own wellbeing. How often as a family do you set aside a short amount of time to spend in the outdoors together? With summer on the horizon we can take the opportunity and see what nature has to offer us.



We should listen to our bodies. If it feels like it is just too much, just stop and take a moment to yourself. Go for that short walk or run you have been putting off because life got too busy. It will be that little boost you needed. Discover a little more about your local area. With Edinburgh being the greenest city in the UK you will not be short of places to venture. Create or continue developing relationships with your community. We see the value of these so clearly at this moment. It is the little things you can do that give a sense of fulfilment to you both. Spend time together as family outside whether that may be in the garden or somewhere close to home at this challenging time. For children, it will promote creativity, imagination and a different stimulation to open their senses to the world around them. Their sense of responsibility that they hold to the world will flourish. Children will learn what it really means to care for and look after their environment.

What are you waiting for?

By Miss Monaghan

Nature Trail Treasure Hunt

Here are a few common plants that you should be able to tick off on your spring nature walks. Older children may even be able to identify most of them for you.



Hawthorn



Dandelion seed head



Bluebell



Ivy



Sticky Willows



Dock leaves



Nettles



Cherry Blossom



Holly



Field Maple



Dandelion



Daisy



Elm



Bracken



Snowdrops

Nature and the Outdoors

S	R	N	S	N	O	G	A	W	S	E	K	A	L
T	D	E	R	T	U	N	N	E	L	E	O	E	L
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C	W	D	S	M	T	F	S	I	G	R	R	E	P
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A	Y	I	N	A	R	A	I	A	A	V	N	R	R
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G	S	A	S	I	S	I	G	S	S	E	R	N	S
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S	P	D	A	B	U	S	H	E	S	K	F	O	W
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ROADS
HUNTING
FISHING
LANES
CAMPING
DRIVE WAY
PARKS
WATER
BUSHES
PONDS
BARN
PICNIC
GRASS
TREES
WAGONS
ANIMALS
LAKES
RACCOON
BIRDS
TUNNEL



Easy Banana loaf

I adapted this recipe slightly to make it easier for my two and five-year-old to help. There are lots of little jobs to do that do not take too much dexterity (mashing and crushing!)

Ingredients:

- 140g butter
- 140g caster sugar
- 140g self-raising flour
- 2 large eggs, beaten
- 1 tsp baking powder or (¼ tsp of bicarbonate of soda and ½ tsp of lemon juice if you don't have baking powder)
- 2 very ripe bananas, mashed
- A handful of crushed/roughly chopped chocolate



Method:

- Heat oven to 180C/160C fan/gas 4.
 - Butter a 2lb loaf tin and line the base and sides with baking parchment.
 - Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
 - Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
 - Add in the crushed chocolate
 - Pour into the tin and bake for about an hour until a skewer comes out clean.
 - Cool in the tin for 10 mins, then remove to a wire rack
 - Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
 - Drizzle the icing across the top of the cake
-

Chocolate Fudge Brownies

This is a very quick and easy recipe. I like brownies soft and squidgy so I tend to only bake these for 25mins. If you prefer your brownies more cake-like, then bake for the 30 minutes. Plain chocolate chunks/drops work best but I have successfully used milk and white chocolate drops. I even throw in a few cherries sometimes!

Enjoy!

Ingredients

55g cocoa powder, 50ml boiling water,
85g unsalted butter, 225g caster sugar,
1 egg beaten, ½ tsp vanilla essence, 100g plain flour,
¼ tsp baking powder, 100g plain chocolate chunks

Method:

- Preheat oven to 160°C.
- Line a square tin (25cm x 25cm) with baking parchment.
- Mix the coco powder, boiling water and half the melted butter. Stir well.
- Add the sugar, egg, vanilla essence and remaining butter. Stir well
- Then sieve in the flour and baking powder and mix well.
- Stir in the chocolate chunks.
- The mixture should be fudge like and shiny.
- Spread into the tin.
- Bake for 25-30 minutes.
- The top should still be slightly soft.
- Cool slightly and then cut into squares while warm and leave to cool in the tin.
- Dust with icing sugar if desired.



The Power of Music

Who among us doesn't have a similar story about a song that touched us? Whether attending a concert, listening to the radio, or singing in the shower, there's something about music that can fill us with emotion, from joy to sadness. As most people know, I love a good sing-song, and it never fails to brighten my day. During the past few weeks music has played a vital role in my new norm, either in the background as we plod along with our daily routines or in the foreground as we dance around the house to our favourite happy tunes. The saying 'Music is good for soul' has never before rung so true.



Music is a universal language, recognised by most around the world. No matter what culture we are from most people feel love for music. Songs can make you **feel different emotions**. Some songs make you feel happy or excited, while others make you feel sad or scared. These feelings come from how the song is composed, the instruments used and how performers play them. Think about how your favourite songs make you feel.

Many of us are likely to have turned to music over the past few weeks and the benefits of listening to music are endless;

- improves our brainpower
- develops our social skills
- builds our confidence
- inspires our creativity
- teaches us patience and discipline
- helps us to define and express ourselves
- and most importantly is fun.**



In school, music is all around us, whether through classroom tasks, specific music lessons or whole school gatherings. Music can affect our mood and our actions and is often used to mark celebrations and events in life, provoking and stirring different emotions.

Plato, a famous historical philosopher once said that 'Music gives soul to the universe, wings to the mind, flight to the imagination and life to everything'. So, during this uncertain time of change why not take time to embrace in the sounds of music, perhaps exploring a new genre that you have never experienced before and seeing what adventure the music can take you on.



By Mrs Brannan



A BICYCLE TRAUMA
By Maia Baxter Primary 7

Hello my name is Hannah and I am 14 years old and I will tell you the most interesting thing that has ever happened to me in my life. It all started during lock down when COVID19 was around and I was 9 at the time so 5 years ago. It seems like ages ago now but it was still a big part of my life. So I was on my daily cycle which I would do every day and it was going pretty normal until I hit an enormous root from the ground. I flew up on my bike getting ready to hit the ground when.....

I felt a soft breeze on my cheeks and it was blowing my long hair behind me. I looked down to see I was flying in the air! I didn't know what to say or do or think. I just wanted to get back down and get on with my bike ride. I kept flying up and up and up and up. Soon I was getting scared. What if I went into space couldn't breathe and then you know possibly died [I didn't die because if I did I would not be here telling this story] I saw birds flying through the air. Then I heard a noise coming from behind me... it was an aeroplane! I had to cycle in the air as fast as I could because I didn't want to get squashed or hit by the plane!

It was catching up my legs were in agony and I stopped for 2 seconds and the plane was right behind me and as I thought I was about to die the plane went right through me! It felt like your whole body was being tickled, even your guts. Strange it was like I didn't exist.

I kept flying up and now I was REALLY getting worried and I was wondering how I was still on my bike. It hadn't fallen and it didn't look like it was going to fall any time soon. But suddenly I hit a cloud... I started to fall. Further and further down towards the ground I fell and my bike was falling with me. Suddenly I didn't like flying any more. Whilst I was up there it was fun but now I was falling down and I was about to hit the grou-.....

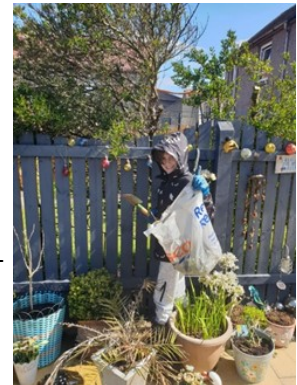
Funny nothing happened. BUT MY EYES WERE CLOSED! But it was to late just as I was about to open my eyes and dodge whatever was in my way I felt twigs and leafs and I dived head first into a giant bush...

Look at what we have been getting up to.....

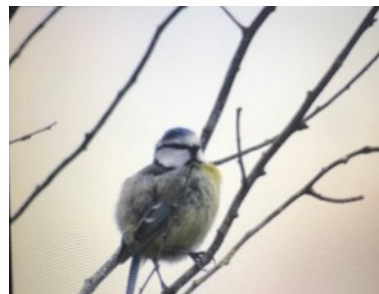
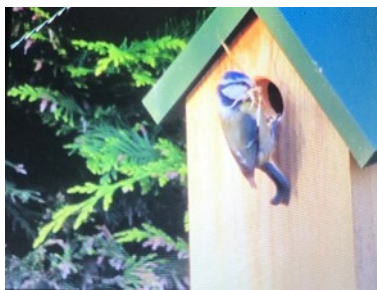
Me, my little sister, my mum and dad go outside and play football, climb trees and make a swing and we take the swing down after using it. I spent more time in the kitchen baking and I had lots of fun. The not so fun part is that I don't see any of my friends and don't get to visit my family. By Julia P6



Ro in Primary 5 has loved helping his mother in the garden with weeding and watering the plants. He now has a new-found love of the garden and wants to keep it tidy, he enjoyed it so much and has spent hours out there! His top gardening tip - "Always only water your plants once the sun disappears as the water can shock the plants when it is too hot and could also singe them!".



I received an RSPB nesting box from my son last year, and I was thrilled to find Blue Tits nesting in it. I use a bird cake recipe to attract the birds.



Local Parishioner - Pat Appleby

Lemon Loaf— Mrs Quinn

One of my favourite memories is baking with my mum. She used to make lots of different cakes with my brother and me but my absolute favourite was her lemon loaf. Delicious! This is now my favourite cake to bake with Daniel.

Ingredients

- Grated lemon zest from one lemon.
- 285g of plain flour
- 1 ½ teaspoons of baking powder
- ¾ teaspoon salt
- 250g of granulated sugar
- 155g of butter softened
- 3 large eggs
- 180g milk

If you don't have plain flour then substitute it for self-raising and only add ½ teaspoon of baking powder.

Glaze

- Juice from 1 medium lemon
- 2 tablespoons of granulated sugar

Process

- Preheat oven to 180 Celsius – grease a loaf pan.
- In a food processor mix together the flour, baking powder, salt and sugar.
- Add the softened butter and blend together until the mixture resembles coarse crumbs. (If you don't have a food processor you can do this by hand it just takes longer!)
- Put into a bowl and add the lemon zest.
- In a small bowl add eggs and beat lightly with a fork. Add the milk and mix until combined then pour this into the flour mixture and stir until the flour is moistened.
- Add the batter to the loaf pan and bake for 45mins – 1 hour. If you stick a tooth pick or sharp knife into the loaf it should come out clean.
- Cool then move onto a wire rack.

Glaze

In a small pot add the lemon juice and 2 table-spoons of sugar over a medium heat stirring constantly. Bring to a boil until thickened.

With a pastry brush, brush the syrup over the bread and enjoy!

Mint Aero Traybake (Tara Boyton – P7)

Ingredients

2 Large Mint Aero bars

½ tin/7oz/200g condensed milk

4oz/110g butter

4 tbsp drinking chocolate

8oz/225g crushed digestive biscuits or graham crackers

200g white or milk chocolate, to cover



Method

1. Place the butter, drinking chocolate, condensed milk and 1/2 of one the Aero bars in a small saucepan and melt over a gentle heat. Leave to cool a little.
2. Crush the biscuits, trying to leave a few larger lumps for texture. Chop the other full Aero bar into small pieces.
3. Pour the cooled buttery, chocolatey mixture over the biscuits and chopped Aero and mix well. Press into your traybake tin and set aside or refrigerate until set.
4. Melt the white/milk chocolate in a small bowl over a pan of simmering water and then spread over the base. Top with the remaining 1/2 chopped, Aero bar.
5. Leave to set, cut into squares and enjoy

SPRED – a hidden treasure

Dr Karen Qureshi

One of the things I'm missing most during this period of lockdown is my SPRED group. In 'normal' times, a highlight of my week is the evening when I meet with my friends and fellow catechists to share God's word and love in a rather wonderful way.

SPRED stands for Special Religious Development and, as you may or may not know, it is a spiritual programme, specifically designed for adults and children with special needs. The Church recognises people with learning disabilities are entitled to take their full place in the life of the Church and be supported in their faith and spiritual development, and SPRED is one of the main ways our Archdiocese provides this support.

SPRED does this in the context of small groups made up of our friends with learning disabilities, each of whom is partnered by a volunteer catechist, and they form a relationship with that person and with the group as a whole. Trust, respect and equality underpin the relationships within each group, which allows everyone – and especially our friends with learning disabilities – to feel valued and accepted. Indeed, SPRED groups can be viewed as a microcosm of the Church, with relationship central to spiritual growth and the practice of faith.

SPRED uses a special method of catechesis (*symbolic catechesis*), which emphasises the experiential over language. This centres on experiencing and recognising the goodness, love and beauty of God in each other, in our lives and in nature. Each meeting – or session – follows the same pattern. It begins with a welcoming and a quiet stilling period followed by the prayerful sharing of God's word, where we would use music, mime and a symbol of some kind, rather than a lot of words. In the latter part of the session we share a simple small meal that we call *Agape* – basically a cup of tea and wee sandwich or something similar – and we also share our news, helping our friends with special needs share their news, too.

SPRED is genuinely special. The groups and meetings mean an enormous amount to our friends with learning disabilities, whose gratification and satisfaction is conveyed in the happiness they express, their eagerness to come and in their reactions when, for some reason, they have to miss a session. SPRED also means a great deal to their families, who know their loved ones are being afforded dedicated spiritual support within a loving environment. Moreover, it is a sincerely expressed view among SPRED catechists that whatever they may give in their ministry is far, far outweighed by what our friends with learning disabilities give in their witness of trust, joy and love.

There are many more people who would benefit from taking part in SPRED and those of us who already do want families and carers to know it exists and what it does, so they can consider if it would be right for a loved one. Similarly, because SPRED has an ongoing need for volunteers – to train as catechists (no special qualifications or experience needed – just faith and a good heart), or to drive a friend to and from their weekly meeting, or to help support SPRED in other ways – there's a hope that, when we come out the other end of this lockdown, some of you might want to respond to this need.

(For more information about SPRED, without obligation, contact: spred@staned.org.uk 0131 623 8918)

Stolen Vowels Challenge

Capital Cities in Europe

What are these capital cities? They have had all of their vowels stolen.

Lndn	Prs
Lsbn	Brln
Mdrd	Vnn
Wrsw	Brssl
Dbln	Rm

Extra Challenge

Can you name the country of all these capital cities?

By Aaron P7

Shortbread Recipe

Ingredients

150g plain flour, plus extra for dusting
100g butter, chilled and cubed
50g caster sugar, plus 1 tbsp for sprinkling



Method:

Heat oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs, then squeeze until it comes together as a dough.

On a lightly floured surface, use a rolling pin to roll out the dough to a thickness of $\frac{1}{2}$ cm. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.

Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 mins.

How to tie your shoe laces

Andu in P2 has been learning to tie her shoe laces and has come up with these handy pictures, to help us remember the simple steps. She calls the method “bunny ears”.



Book Recommendation

Mangoes & Monkeybread: Fruity Fun with Ella & Louis!



Rachel in P1 loves hearing this story and highly recommends it to her friends.

Ella & Louis have just arrived in The Gambia for their winter holidays. Settling at home, Louis is already missing sweet strawberries from Stockholm. Join Ella as she takes her brother on a yummy fruit tasting tour and discover fruits native to West Africa that you might have never seen before! Along the way, see if you can find Happy, their adorable little dog who loves a game of hide and seek!

World Trivia Quiz - By Rebecca P5

World Trivia!

1.) How many stars are on the American flag?

2.) What language do they speak in Brazil?

3.) What is the famous clock called in London?

4.) What is the longest river called?

5.) What's the biggest mountain in the world?

6.) Mount Fuji is a mountain in which country?

7.) Is Miami on east or west coast of America?

8.) Is England the most visited country in the world?

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9.)

Is there 51 states in America?

10.)

Is the ~~Pacific~~ ocean the largest ocean in the world?

11.)

What city in the world has the Eiffel tower?

12.)

The New cap is a football stadium which football team does it belong to?

13.)

What is the largest country in the world by area?

14.)

What is the capitol city of America?

15.)

What's the most busiest airport?

16.)

Which country invented tea?

17.)

What is a female donkey called?

1. Answers

- | | | | | | |
|---------------|--|------------|---------------|------------------|---------------|
| 1. 50 | 2. Portuguese | 3. Big Ben | 4. River Nile | 5. Mount Everest | 6. Japan |
| 7. East Coast | 8. No | 9. No | 10. Yes | 11. Paris | 12. Barcelona |
| 13. Russia | 14. Washington DC 15. Hartsfield Jackson – Atlanta International Airport | | | | |
| | 16. China | 17. Jenny | | | |

Irish Soda Bread Recipe

When I was little, I would spend a lot of time at my granny's house. She would cook and bake every day and myself and my brother loved helping her. She would make chicken and vegetable soup, Irish stew, fairy cakes (or buns as we called them), apple tarts, soda bread, Victoria sponge cakes and bannock. Cooking is still one of my favourite pastimes today. I always put on some music to sing along to when I cook. I love cooking for others and sharing recipes with my friends.

This week in the Kelly/Nugent household we really wanted to bake something, but everyone seemed to have the same idea and baking ingredients were in short supply! I found this recipe from Mary Berry for soda bread, that can be made with very few ingredients.

We gave it a go and it was delicious! We had it hot from the oven with butter along with some chicken soup (not homemade!). We only had plain flour and it worked fine. We also only had ordinary milk but found a way to make it into buttermilk online using some white wine vinegar!

Ingredients

450g strong white flour

1 level tsp bicarbonate of soda

1 level tsp salt

300ml (½ pint) buttermilk or 150ml (¼ pint) milk and 150ml (¼ pint) natural yoghurt, mixed

Instructions

Step One Preheat the oven to 200°C / fan 180°C / gas 6. Lightly grease a baking tray.

Step Two Measure the dry ingredients into a mixing bowl. Add the buttermilk (or milk and yogurt mixture) and enough tepid water – about 6 tablespoons – to form a very soft dough.

Step Three Turn the dough out onto a lightly floured work surface and shape into a neat round about 18cm (7in)

In diameter. Place on the prepared baking tray and make a cross in the top with a knife.

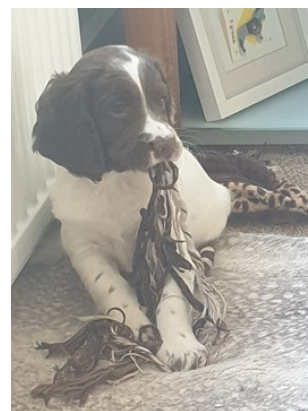
Step Four Bake in the preheated oven for 30 minutes, then turn the bread up-side-down and continue baking for 10-15 minutes or until the bread sounds hollow when tapped on the bottom. Cool on a wire rack.

Our finished soda bread!



Look at what we have been getting up to.....

Just before we went off school my dog had 8 puppies. 6 of them went to new homes. we kept only one of them. and sadly one off them had to be put down as it was very sick. It had a swollen neck and could not feed properly from her mum. But still i am sure the other puppies are doing very good and so is our one. We have decided to call our one Sherpa, it is a female and it likes to play fight and bight with the mum dog Scarpa.



Robbie has learnt to ride his bike whilst in lock down. He is very proud of himself! Adventuring in Cammo.



Briana created this beautiful picture, entitled 'Supporting Each Other'

Oliver in P4 has been very busy, exploring the great outdoors and working on his skills in the kitchen.



Origami

Origami is the Japanese art of paperfolding. It is often used to create animals like swans, frogs and butterflies, but also useful objects like boxes or fans. It is well known for being a form of Japanese art but it was first invented in China around 1,800 years ago. People often folded models and gave them to other people for good luck. For example, nobles celebrated weddings with glasses decorated with origami butterflies, which gave good luck to the bride and groom.

Usually, you are only allowed to use one piece of paper to make your models, but there is a special type of origami called modular origami, where you connect lots of different pieces of paper to make more complicated models. This type of origami needs you to be confident with your shape knowledge and understanding, and you can use maths to help you understand the models.

I first learned about origami from my maths teacher when I was 14, and I have enjoyed doing it ever since. I have been really impressed at how well the children in my classes have done when giving it a go. Some of P4 did a great job with origami during our NIF time, and I hope to offer an origami club next year to encourage anyone interested!

I think it is a great hobby to pick up during lockdown because all you need is paper and instructions! Doing origami can be really calming in stressful times, and so is a good way to relax. My advice that I always give to people is that the first time you do a model, it usually isn't perfect, and that's OK! You need to be patient, resilient and keep a growth mindset so that you can give it another go! If you do decide to do it at home, remember that usually you start with a square piece of paper, so make sure you have checked what shape you need before you start. Below is a link that has lots of models you could get started on:

origami-resource-center.com/easy-origami.html

Mr. Chamberlain



Look at what we have been getting up to.....



Pancake / Crepe Recipe

1 cup of flour
1 egg
pinch of salt
1 $\frac{1}{3}$ glass of milk
4 table spoons of sugar
1 table spoon oil

Pancake / crepe
recipe

you can double the
ingridients if
you want a bigger portion
batch

the pancakes should be thin
and a bit like
crepe



Captain Beatrix

No one mess's with Captain Beatrix! No one ever has and no one ever will. Actually, someone has, and that is where our story begins... One day, like every other day, Beatrix woke up at 7:00am. There was no time for waking up during the night hungry or thirsty, and there was definitely no time for sleeping in! Beatrix had a world to save! But sometimes Beatrix wondered if what she was doing was classified as saving the world. Beatrix waited hard for the alert to go off. She hated waiting this hard, yes she had done this before! Millions of times! She hated when this happened because she felt like she was no longer needed and wasn't any use. That made her feel like maybe nobody needed her in the first place. Although she knew it wasn't true she still had that worried feeling in her stomach. Not all the alerts were used for crime scenes, sometimes at night, gangs put off her alert so she could come out for nothing.



They thought it was "funny." Finally the alert went off and Beatrix shot out the door. 'Ha ha!' five teenage boys said as they pointed at poor Beatrix. She really wasn't in the mood, so, since they did something bad to Beatrix, Beatrix had to do something bad back. *"No I won't! Sometimes it is nice to be nice!"* Beatrix said to herself as she was getting ready to do something really bad. She stopped, turned around and started walking back to her house. When she got back to her house the alert was still on because she hadn't turned it off, but she thought that the teenage boys had turned her alert off AGAIN! Since her screen was still on because the alert was still on it still said the same place. Beatrix stormed out of her house knowing it is nice to be nice but they needed some sense knocked into them. She stared at them angrily with unibrow pointing down. "I gave you guys a chance and now you lost it!" "What did we do?" asked the 5 boys. "Ha, what did you do? Pft, why don't you tell me?" "what? The thing that you already gave out to us about?" "Jeepers! If there's any university or college that you need to go to, it's acting school, because my goodness! You guys are terrible!" Beatrix said as it was the only sensible thing in her head that would make her stick up to herself. Right come along then, I'm reporting you to jail." "Really?!" pff ha!" laughed all the boys At Beatrix's attempt to threaten them. "What are you guys laughing at?! After all you're the ones going to jail!" Beatrix laughed. "we aint going to jail for pressing a button!" said one of the boys. "Twice I think you'll find!" Ok, now the boys were confused. They was utter silence until out of nowhere the boys burst out laughing. "Oh, you make me laugh!" said one of the boys at the back. "Were you some kind of comedian?!" said another. " No! Because then she would be part of ancient history she's that old! Again said another as if Beatrix wasn't there. Beatrix felt very distraught and felt like just going home to cry and cry - I mean, she had a reason to. She thought she would just end it there, no I can't! I will call the police and therefore they went to jail!

The end!!

By Mary P5



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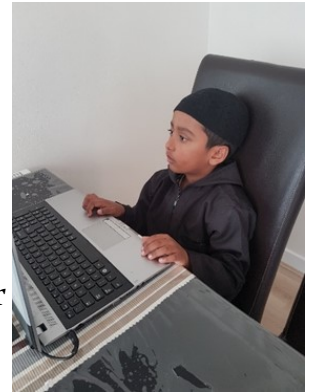
Ramadan

We have been spending quality time together as a family by baking. In my religion we eat with our right hand, sometimes I use a spoon but mostly with my hand. My favourite lunch is rice and chicken curry.



After school each day I normally have mosque, but because of the Coronavirus at the moment I do an online video with my class and mosque teacher. I have been learning how to read Arabic and taking part in Islamic studies, sometimes it can be quite hard but the teacher says not to worry.

After mosque my mum makes me dinner, my favourite is spaghetti Bolognese or Lasagne. My mum and dad have been fasting during the time of Ramadan so they eat later on. In my religion when the sun is rising everyone has to stop eating and drinking, and they can start to eat again when the sun sets and the prayer is called out. Ramadan happens every 9 months of the calendar year and fasting lasts for a month. When Ramadan is finished we always celebrate it with EID, normally we wake up super early, have a shower, then get ready for mosque. When we come back we have a really big breakfast and then visit people's houses. We always give and receive gifts and we have a big feast for lunch and dinner.



Easy- Peasy Lemon and clementine squeezy sorbet:

You will need: 375ml boiling water 250g caster sugar
5 lemons 2 clementines

Pour the boiling water over the sugar in a bowl and stir until dissolved. Remove the zest from three of the lemons using a potato peeler, add to the syrup and leave to cool completely for about an hour. Add the juice from the lemons and clementines to the syrup, and pass through a sieve. Cover and chill the mixture for several hours or overnight.

Pour the mixture into a container, seal and freeze until softly frozen, start checking it after about three hours, and hourly after that. Scoop the sorbet into the bowl of a food processor and whizz to a slush, then return it to the freezer (or scoop into lemon shells) for another few hours or overnight.

If the sorbet is completely frozen you may need to remove it about 20 minutes before serving.

Yum!!

By Carolina P5





St Andrew's Fox Covert RC Primary School
Clerwood Terrace
Edinburgh EH12 8PG

admin@foxcovert-rc.edin.sch.uk
@standrewsFCRC

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nurture inspire flourish