



ST JAMES
Preparatory School

4N Newsletter: Spring Term, Week 10

This week in 4N...

It has been a lovely sunny week and Year 4 have been bright and cheerful in their learning too. Thanks again for the daffodils and spring flowers that have been making our classroom cheerful this week. Ms Parker-Wood has judged the entries and the results will be out soon...! Thanks as well to all those who have brought in cup-a-soup donations for our homeless friends.

We have enjoyed learning about the Picts and Scots this week in History, linking our learning to the celebration of St Patrick's Day. We explored Celtic patterns, writing our names in Ogham script and creating some lovely Celtic art.

Maths has continued to focus on fractions this week, with the children impressing Ms Foster and myself with their ability to add and subtract mixed numbers and fractions. As I shared with many of you at the Parent Teacher Interviews, we have been so impressed with the hard work and progress of the Year 4 children in Maths. Well done everyone!

Our Science learning has continued to focus on living things and how they can be grouped and classified. The children impressed me with their hard work and diligence in creating slideshows about the major animal groups. Also, the children created some excellent classification keys for British wildlife.

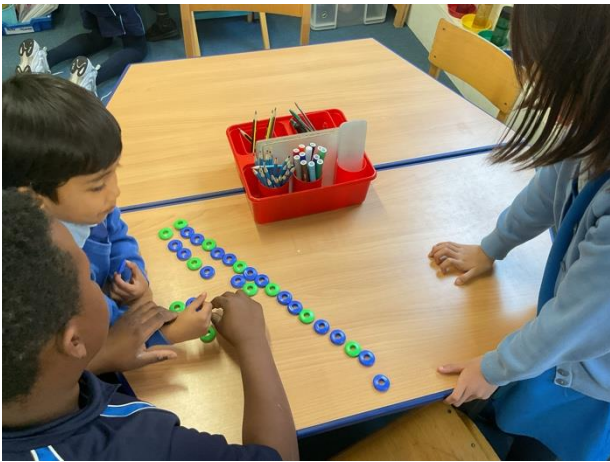
Thank you so much to those who have kindly supported me as I raise money for Age UK Hammersmith and Fulham by running the Brighton Marathon on April 6th. Your generosity is very motivational! If you would like to support me, you can find the link below.

The children made some delicious Mac and Cheese with Chef Suzie and Chef Allegra today and you can find the recipe at the end of this email. I have also attached the slides from the Mendip Residential presentation - sorry for not sharing them sooner.

Have a great weekend,

Mr Norris

The children enjoyed their buddy time this week, helping their buddies create repeating patterns.



Here are some more pictures of the children's amazing Tempest performance.





Things to remember

- We are looking forward to our **Easter Service on Tuesday 1st April**. Parents can reserve a space here: <https://forms.office.com/e/e6RMkx32mu>. There will be light Easter refreshments available from 8.15am in the Courtyard ahead of the main event at St Mary's West Kensington, Hammersmith Rd, London W14 0QL, starting at 9.15am. This will conclude by 10.15am.
- The Spring Term ends on Wednesday 2nd April at 11:30am.
- The Senior Girls' School has asked the Nursery and Prep children to join forces in donating soup for our local charity, *Under One Sky* (UOS). Boxes of 'Cup a Soup' or similar (but not fresh, already-made soup) are being collected from now until the start of the Easter holiday. The seniors have a plan to use the boxes in the lead up to the school's 50th anniversary - and then they will make their way to those less fortunate than us - those living on the streets of the city we all call home. Thank you for your kind and generous support.
- Mrs Wyatt has asked me to remind you that children are expected to wear school uniform every day except Tuesday. Children will be given time to change for clubs at the end of the day. All children with long hair (below the collar) should also tie it up.

Year 4 Homework Timetable 24 – 25 (~30-40 minutes every day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spelling 20 min	English 30 min	VR / NVR 20 min	Maths 30 min	Comprehension/ Writing 30 min
TTRS 10 min	Sanskrit 15 min	TTRS 10 min	Sanskrit 15 min	Oxford Reading Buddy 10 min

Children need to read their scheme reader book every night and log this in their reading record.

My fundraising link - https://www.justgiving.com/page/sam-norris-1735997742809?utm_medium=FR&utm_source=CL

Hammersmith & Fulham
ageUK

Mr Norris is running the Brighton Marathon for Age UK H&F!

April 6th 2025

BRIGHTON
WEEKEND

If you are able to support me and the important work of Age UK in the local community, then please scan the code!

Spelling words for Monday 24th March -

1 of 1



Words where 'au' makes an /or/ sound

astronaut

August

author

cause

applaud

haul

autumn

audience

automatic

launch

Mega Monster

Mac & Cheese

Supper for 4/5 + maybe some leftovers!



Ingredients:

500g macaroni/some other similar shaped pasta	20g Parmesan, grated on the small holes
200g kale, destalked weight	20g breadcrumbs -
200g baby spinach, washed if necessary	(Panko are best if you're buying them)
50g butter	Some olive oil
1 large clove garlic, chopped	Pepper if you like
50g plain flour	
600ml whole milk	
A couple of pinches/scrapes nutmeg	
250g mature cheddar, grated on the big holes	

Method:

1. Bring a large pan of very lightly salted water to the boil with a lid on.
2. Put 4 handfuls of ice into a big bowl and run cold water to half fill the bowl.
3. Tip the kale into a colander and give it a wash; pick out any thick stalky bits – you just want the frilly leaves.
4. Use tongs/slotted spoon to push the kale into the boiling water – it needs to be totally submerged. Set the timer for 3 minutes.

Method (cont):

5. Now add the spinach to the pan, pushing it under the water with your slotted spoon.
6. Bring your bowl of iced water next to the pan, and once the spinach has wilted – just a minute – use your slotted spoon again to lift ALL of the greens into the iced water. DO THIS CAREFULLY NOT TO DRIP BOILING WATER ON YOURSELF!!
7. Make sure ALL the greens are submerged in the iced water, then top up the pan of water to 2/3rds full, adding 1 tbsp olive oil in there too.
8. Chop the clove of garlic.
9. In a separate pan melt the butter and when it starts fizzling gently fry the garlic until golden brown, stirring regularly.
10. Once your water has come back to the boil, gently tip in the macaroni and give it all a quick, vigorous stir.
11. Set the timer for the amount of time it says on the packet the pasta will take to cook - should be around 13mins.
12. Turn the heat right down on your garlic and stir in the flour. Keep going for a few minutes to cook out the taste of the flour, then add around a quarter of the milk and use a wooden spoon to beat into a smooth paste.
13. Once it's incorporated pour in 200ml milk and swapping to a whisk beat enthusiastically until smooth. Add the rest of the milk in two loads, whisking it till smooth between batches.
14. When all the milk is in, turn the heat up and bring up to a simmer, whisking gently all the time then turn the heat off.
15. Go back to your wooden spoon and stir in the nutmeg and Cheddar until melted.
16. Preheat your oven to 220°C
17. A handful at a time take the greens out of the water and tightly squeeze the water out of them. Put your green balls into a jug blender/food processor with 4 tbsp water.
18. Blitz to a smooth purée and season with a little more nutmeg and pepper if you like.
19. When the timer goes off, put the colander in the sink and ask your grown-up to drain the pasta for you.
20. Whilst the pasta is draining, in a little bowl mix the breadcrumbs, grated Parmesan and a tablespoon of oil together with a spoon, making sure that all the breadcrumbs are coated in the oil.
21. Tip the pasta back into the pan it cooked in and stir in the cheese sauce. Have a quick taste – YUM!
22. Now use a spatula to scrape all the green goodness in too, mix thoroughly and transfer to an oven-proof dish - it needs to be quite wet as the macaroni will keep absorbing the sauce in the oven.
23. Bake on a foil-lined baking tray to catch any overflows for 12-15 mins until golden on top and bubbling round the edges.

Cool for 5 before tucking in...

it's MEGA!!!