

Hi Year 7, hope everyone is well and staying safe at home. I have been spending my time trying to make my garden look nice and taking my dog, Amber, on her daily walk where she has enjoyed finding muddy puddles to splash around in. I will be sending a bulletin every Friday which will include teacher messages, challenges, and tasks to keep you occupied. Please email in to let us know what you have been up to, I would love to hear how you have been spending your time and would love to see some photos of your pets or anything interesting you have found in your garden. Stay in touch and stay safe! – Mrs Parlett

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## Calzone

### Method

Preheat the oven to 230 degrees.

### Dough

1. Weight flour in mixing bowl with salt and oil.
2. Mixing yeast with tepid water.
3. Combine liquid with flour.
4. Knead.
5. Place back in bowl and into top of oven.

### Filling

1. Prepare vegetables and meat.
2. Fry in hot pan for 4 minutes.
3. Place back in mixing bowl, add tomato sauce and torn mozzarella.

### Construct

1. Roll out dough.
2. Dust tray with semolina.
3. Construct Calzone.
4. Bake for 10/15 minutes.

### Ingredients

#### Dough

- 200g strong flour
- 3 tbsp. olive oil
- 1 tsp. yeast

- 200ml tepid water
- Semolina

#### Filling

- Mozzarella / Onion / Pepper / Mushroom / Garlic / Chilli / Tomato / Pizza Sauce

Exercise for the day:

<https://www.youtube.com/watch?v=-8o8wMgAT-Y>

P.E with Joe

**A message from Mr Bradley:**

“Hope you and all your families are well Year 7. Keep cracking on with the work and being the best version of yourself if you can! If you get the chance, get outside and do some exercise. Take care and I will see you all soon!”



**Events that happened in March:**

10<sup>th</sup> March 1886: Cruft's Dog Show was held in London for the first time- since 1859 it had been held in Newcastle.