



## RECIPE OF THE WEEK!!

### Healthy pancakes

Prep: 15 mins    Easy    Makes 10-12  
Cook: 30 mins



## Ingredients

50g self-raising flour

50g wholemeal or wholegrain flour

2 small eggs, separated

150ml skimmed milk

berries and low-fat yogurt or fromage  
frais to serve

### STEP 1

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

### STEP 2

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter - try not to squash out all the air.

### STEP 3

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. Serve with your favourite healthy toppings.

Hello everyone,

During Spring 2 and the first part of summer term we have been focusing on mental health, puberty, personal hygiene and feelings and emotions. We also wanted to continue to develop community spirit now we are able to work together again. We were especially proud at Howbridge in the way that parents, pupils and staff came together as a community in the collection for Ukraine. Mrs Kasia and her team worked tirelessly over this time to ensure your donations were sent to the appropriate places. The sense of well-being in being able to help others was overwhelmingly felt by everyone involved. Our Easter walk to St. Nicholas was another successful event and children thoroughly enjoyed being part of the school community. Today we are celebrating the Queen's jubilee and again the work that the children have been producing from artwork to historical floor books demonstrates the sense of teamwork and community spirit, that will spill over into the whole school picnic. Today we also had our half-termly fresh fruit Friday from Morrisons.

Next half-term I am hoping to recruit Healthy School Ambassadors whose jobs may include dining hall role models, well-being supporters and playground buddies.

## DID YOU KNOW?

To boost your mental health, focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon. Dark green leafy vegetables in particular are brain protective. Nuts, seeds and legumes, such as beans and lentils, are also excellent brain foods.





