



## AVANTI HALL SCHOOL

# Friday Flier

DEADLINE FOR SUBMISSIONS – WEDNESDAY EACH WEEK

ISSUE 9, FRIDAY 10<sup>th</sup> JANUARY 2020

## DATES FOR YOUR DIARY

2020	
<b>Fri 10 Jan 2020</b>	Open Day – Kindergarten only
<b>Fri 7 Feb 2020</b>	“Step Up To the Plate” – Deadline 7 February 2020
<b>Mon 17 -21 Feb 2020</b>	Half term

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# Attendance

## Medical Appointments

We respectfully ask that any medical appointments are to be made out of school hours, should you have a medical appointment you are unable to attend out of school hours please complete a S2 form as well as providing evidence of the appointment. Please advise us of the appointment at least 5 school days in advance.

## Term Time Absence Requests

Schools are only allowed by law to authorise non-medical absences if they are satisfied there are “exceptional circumstances”. However, even if there are exceptional circumstances, schools still have to consider other relevant factors such as attendance, missed work and the wider impact of missing school.

To request a term time absence please complete a S2 form and send it to the school at least 3 school weeks in advance of the requested absence.

## Reporting an absence due to sickness or unforeseen circumstances.

To report a student absent from school please either email [absence@steineracademyexeter.org.uk](mailto:absence@steineracademyexeter.org.uk) or call the school and leave a message on the absence line.

- Please notify of any absence before 9.00am.
- You will need to notify the school each day your child is absent from school.
- Any absence not reported will be marked as an unauthorised absence.
- The school may request medical evidence for any students who are absent for 5 days or more.

If you have any queries regarding attendance please contact the Attendance Officer on 01392 757371.

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# Kindergarten Lyres



The year 2020 started with the beautiful sounds of a gently plucked lyre! On Wednesday, 8th January, Mike returned to the Kindergarten classes to continue sharing musical experiences with the children. Songs were created, puppet shows were given music, and children were lulled to sleep (although not for very long!) - Mike even accompanied Genevieve on the lyre for her beautiful story at the end of the day. The children's confidence and ability with the lyres has grown, even over the winter break, as letting their work with the lyres sleep for a few weeks did wonders to the reawakening of their playing. The Spring term is certainly going to be a musical one!

With peace and music,

The Kindergarten team and Mike Marks, *Musical Consultant*

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# Tree of the Week

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Most species of Willow (*Salix*) grow and thrive close to water or in damp places, a theme reflected in the legends of magic associated with these trees. The moon also recurs as a theme within these myths, with the movement of water being intimately bound to and affected by that celestial body. By association raindrops take on the shape of tears, and the drooping branches of Willow follow suit, which is how the Weeping Willow got its name.

A coppiced or pollard Willow will quickly regrow several feet in a single season, while a new tree can be grown merely by pushing a healthy cutting into the soil - even upside down! Consequently Willow has come to symbolise renewal, growth, vitality and immortality.

Country folk have been familiar with the healing properties of Willow for a long time. An infusion from the bitter bark has been used as a remedy for colds and fevers, and to treat inflammatory conditions such as



rheumatism. Young Willow twigs were also chewed to relieve pain. In the early nineteenth century modern science isolated the active ingredient responsible (salicylic acid) - also found in the meadowsweet plant. From this the world's first synthetic drug (acetylsalicylic acid) was developed and marketed as Aspirin.

The Gaelic words for Willow are *shellach*, or *suil*, and feature in Scottish place names such as Achnashellach in Ross-shire, Glensuileag in Inverness-shire and Corrieshalloch on Speyside. These names would have referred to both the presence of Willow and the attendant industries reliant upon it.

Other uses for Willow include; house building, coracle frames, and charcoal manufacture. Willow's ability to absorb shock without splintering is still utilised in the making of cricket bats and stumps (note also the similarity between 'wicket' and 'wicker'), and the Dutch also traditionally made their clogs from Willow. The bark has also been used to make a reddish-brown dye, for tanning leather and as a fodder for livestock.

However wicker-work is what Willow is most famous for, using the smaller osiers and coppiced or pollard stems. Before the advent of plastics, Willow was widely used to make a variety of containers, from general basketry to specialised applications such as lobster pots and bee-hives.

We are currently growing Willow in our walled garden so the children can experience the traditional methods of weaving. Parents have also designed and prepared small den like sculptures on the grounds for the children to play in once they become established. How many Willow trees can you identify in your local area?

# Be On A Show!



## Step Up To The Plate is back!

Hit CBBC show **Step Up To The Plate** is back and **you** could join Fred and Allegra in running your own restaurant.

We are looking for kids in **years 5 – 9** to join the Restaurant Crew and come up with the restaurant theme and décor, customise the look of the menu, welcome and serve guests as well as dealing with customer complaints: if selected you will be mentored and judged by *First Dates* star and Maitre D' **Fred Sirieix**.

Or maybe joining the Kitchen Crew is more your thing? You will be tasked with creating a delicious menu and cooking to a high standard for multiple guests: if selected you will be mentored and judged by celebrity chef **Allegra McEvedy**.

If you think you have what it takes to make it in the high pressure world of a real restaurant, then we want to hear from you. To apply please fill out the attached application form with your parent or guardian and have them send it to this address:

[stepuptotheplate@liontv.co.uk](mailto:stepuptotheplate@liontv.co.uk)

**YOU MUST HAVE PERMISSION FROM A PARENT OR LEGAL GUARDIAN TO APPLY**

Apply ASAP!

Application Deadline: February 7<sup>th</sup> 2020



## **Step Up To The Plate – Series 2**



Do you have a passion for food and cooking? Are you brilliant at coming up with cool designs and ideas? Are you charming and good with people? Are you in School Year 5, 6, 7, 8 or 9?

Following on from the hit first series, Fred and Allegra are asking a whole new bunch of contestants to Step Up to the Plate. Under their expert guidance contestants will discover how difficult and how rewarding it can be to run their own restaurant with the star performers from this series being crowned Maître D' and Head Chef for 2020.

If you think you are up to the task and you want to apply you need to:

### **GET PERMISSION & ASK YOUR PARENT/GUARDIAN TO FILL OUT THEIR BITS OF THE ATTACHED APPLICATION FORM**

- We must have permission from your parent/guardian before sending us any personal details, and we will need the form to be signed by them and a recent photo of you included

### **FILL OUT YOUR BITS OF THE ATTACHED APPLICATION FORM**

- After the section for your parent/guardian you'll see some questions that we want you to fill in

Applications can be submitted by your parent/guardian by email to by Friday 7<sup>th</sup> Feb 2020:

[stepuptotheplate@liontv.co.uk](mailto:stepuptotheplate@liontv.co.uk)

Or by post to: by **Friday 7<sup>th</sup> Feb 2020:**

Step Up to the Plate S2 Production Team, Lion Television, Lion House, 26 Paddenswick Road  
London W6 0UB

**WE ANTICIPATE A LARGE NUMBER OF APPLICATIONS, AND WHILST WE CONSIDER EVERYONE EQUALLY IF YOU DO NOT HEAR BACK FROM US BY THE WEEK OF THE 17<sup>TH</sup> OF FEBRUARY 2020 THEN UNFORTUNATELY YOUR APPLICATION HAS NOT BEEN SUCCESSFUL. APPLICANTS WHO ARE CONTACTED ARE NOT GUARANTEED A PLACE ON THE SHOW. THANK YOU AND GOOD LUCK!**

## PARENTAL CONSENT FORM

### To the Parent or Guardian

Your child would like to apply to take part in the series Step Up to the Plate Series 2. The show will initially be transmitted by a UK broadcaster, and on the broadcaster's website and catch-up/on demand service. If selected for the final programme, your child would be required to participate.

### The Application Process

For the application to be considered, you need to provide the completed Application Form, a signed parental consent form and photographs of your child (physical copies cannot be returned). If casting or filming takes place on a school day your child will need the permission of their school to attend. We are not responsible if your school refuses permission.

### Please note

- Involvement in the programme will be subject to us gaining the necessary licences for filming.
- There are no guarantees your child will be chosen to take part in the series.
- All production decisions are at the sole discretion of the production team.
- For the application to be considered, your child must be in school year 5-9 (inclusive) during the filming period.
- Your child must be available for up to 7 days filming as follows: (i) 2 days filming during: EITHER week starting **Monday 16<sup>th</sup> March** OR week starting **Sunday 22<sup>nd</sup> March**; (ii) If your child progresses through the competition your child will need to be available for up to 4 days filming during: week starting **Monday 13<sup>th</sup> April 2020**; (iii) if your child progresses further they must be available for 1 day during week starting **Monday 20<sup>th</sup> April 2020**. Note that dates may be subject to change.
- We reserve the right to change the criteria for applying at any time.
- All successful applicants will be required to enter into a contributor release form (which will include the programme rules) detailing the terms of their participation in the programme

By necessity we will process the personal data provided by you and your child as part of the casting process for the programme to assess whether your child is a suitable contributor to the show and if successful, as part of the production process for the programme. We will do so in accordance with all relevant data protection law and you can find out more information about how we process your personal data by contacting [datacontroller@liontv.co.uk](mailto:datacontroller@liontv.co.uk) for a copy of our Prospective Contributor Privacy Notice which is also available at <http://www.liontv.com/Contributor-Privacy-Notice>. Both you and your child's details will be held securely. All unsuccessful applications will be destroyed within 6 months of receipt and the details of successful applicants will not be kept for longer than is necessary.

**FOR PARENTS/GUARDIANS TO COMPLETE:**

Child's Name	
Child's date of birth	
Child's school name and location	
Please let us know if your child has any medical condition including food allergies that we should be aware of and/or requires any special access arrangements for filming. We will make all necessary adjustments and actively encourage applications from all children.	Yes/No (If Yes, please give details)
Has your child appeared on TV before?	Yes/No (If Yes, please give details)
Do you have any pre-existing family commitments (eg. holidays, weddings etc) during March and April 2020	Yes/No (If Yes, please give details)
Is there any other information which you think would be <b>useful</b> for us to know, in support of this application?	

**CONTACT DETAILS**

E-mail:	
Home phone number:	
Mobile number:	

I confirm that I fully understand the premise of the programme and consent to this application being considered and I am happy for my child to take part if necessary. Also I explicitly consent to the processing of any personal data and special category personal data hereunder for the purposes of casting, producing (including broadcasting) of Step Up To The Plate as described at the top of this form and I understand that such data will be processed in accordance with the privacy notice found at <http://www.liontv.com/Contributor-Privacy-Notice>.

I am the child's **parent / guardian** (delete as appropriate)

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Signature of parent/ legal guardian

.....

Signature of parent/ legal guardian

.....

Name of parent/guardian (PLEASE PRINT):

Date:

.....

Name of parent/guardian (PLEASE PRINT):

Date:

**PLEASE ATTACH A RECENT PHOTO OF THE CHILD APPLICANT**

**If you want to send us up to 3 photos of dishes that your child has cooked or enjoyed eating you can do that too – sorry, but we can't return these photos.**

## INFORMATION FOR PARENTS & CHILDREN TO CONSIDER BEFORE APPLYING

### Who we're looking for

- We are looking for enthusiastic children who will be comfortable being filmed, happy to work as part of a team and have some fun!

#### **Kitchen Crew**

- You need to be comfortable being filmed
- You need to have genuine cooking skills and be able to deliver them under pressure
- You need to be able to work as part of a team
- You need to be confident about cooking on your own without close supervision from an adult
- You need to be familiar with a wide range of ingredients and how to cook them
- You need to be able to come up with a menu that you can cook in large quantities in a short amount of time; don't worry, we will be there to help you.
- You need to be able to take on board advice and feedback and then put that into action
- As this is a competition you need to be prepared to be a good winner and a good loser
- Don't worry if you don't think you're an expert at everything yet – there is room to improve through the series and our experts are looking for potential

#### **Restaurant Crew**

- You need to be comfortable being filmed
- You need to be able to create a theme for your restaurant, come up with some design ideas and instruct our production team on what to buy within a set budget
- You need to be able to work as part of a team
- You need to be good with detail when getting your restaurant ready for service
- You need to be confident when talking to people and able to make them feel at ease
- You need to be calm under pressure and when dealing with diners who may be difficult or challenging
- You need to be able to take on board advice and feedback and then put that into action
- As this is a competition you need to be prepared to be a good winner and a good loser
- Don't worry if you don't think you're an expert at everything yet – there is room to improve through the series and our experts are looking for potential

Parent / Guardian: Before You Send Tick List

Has your child completed the rest of the Step Up To The Plate application form themselves?	
Have you signed the consent form on page 3?	
Have you included a photo of your child?	
Up to 3 further photos of dishes your child cooked or enjoyed (optional)	
Remember it is the parent or guardian who sends the completed form and not the child!	

If you would like to have an article in the Friday Flier, please contact Hellen Jones on [hellen.jones@avanti.org.uk](mailto:hellen.jones@avanti.org.uk) Deadline for submissions is Wednesday each week.