



TERM 1 PARENT/CARER NEWSLETTER

September - December 2022

Term 1 – Enterprise

ONE IN A MILLION ★ F O U N D E D I N 2 0 0 5



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A word from the Principal

Hello,

Welcome to our first Parent/Carer Newsletter!

It seems like a long time since we began the Autumn term in September, our students have been working hard on various exciting opportunities. You can read all about them in this newsletter.

On behalf of all the staff I would like to thank you for your continued support.

As we approach the end of term I would like to wish you a happy peaceful and restful break with your family and friends.

I look forward to welcoming all students back to school on the 3rd January 2023.

Mrs Hobbs
Acting Principal



Year Group Messages

Message for Year 7

Year 7 have had an excellent start to their time at One in a Million.

So far they have: joined in with the Sky Bus workshop, got involved with enrichment activities, collected positive stamps ready for the Autumn Term reward day. Some students have also volunteered for positions as Anti-bullying Ambassadors and School Council representatives.

Congratulations and a big 'Thank You' to this term's school council representatives. They have done a fantastic job of representing Year 7 and raising issues for all the representatives to discuss. We look forward to electing new Year 7 School Council members in the new year.

I hope all Year 7 students get a chance to relax and recharge ready for the Spring Term and our Residential!

Miss Brassington
Head of Year 7

Message for Year 8

Year 8 have had a fantastic start to the academic year!

It has been lovely to see them mature and grow as individuals since their arrival in September 2021.

It has been a very busy start to the year!

So far year 8 have worked with the Sky bus workshop exploring different careers, eco friendliness and media. Year 8 have also taken part in many enrichment activities including the boys & girl's football where they have competed against other schools! They have also been collecting positive stamps towards their Autumn term reward day!

Year 8's passion and eagerness to participate and help with One in a Million's anti bullying mission at school has really impressed me and made me proud to be their Head of Year. The mission has been to raise awareness around bullying and to spread the message that bullying is not tolerated at One in a Million. We have taken part in many activities such as designing anti bullying posters and all made a pledge to support the school in stopping bullying.

I hope all Year 8 have a chance to relax and recharge the batteries ready for the spring term!

Mr Kaine
Head of Year 8



Message for Year 9

As the new Head of Year 9, it has been my privilege to get to know all the students. I am delighted with the improvement in behaviour and attitude to learning demonstrated and I am looking forward to this continuing in the New Year.

Year 9, have a great holiday! Relax and recharge! Come back ready and equipped for the Spring Term!

Miss Klu
Head of Year 9

Message for Year 10

On 6th September 2022 we started on our GCSE journey as KS4 students. Like all good journeys they come with ups and downs but our destination remains the same. As the second oldest year group in the school, the younger years look up to us as their role models. We must all have integrity at the heart of everything we do. 'Doing the right thing when nobody's watching'

Please remain focused, engaged and determined to reach our final destination. The hard work continues but, please be assured that we are here to support you, academically, socially and emotionally.

Enjoy a well earned holiday!

Mr Stokes
Head of Year 10



Message for Year 11

Year 11 have had a really excellent and pro-active start to the new academic year. It is clear to see already how many of the students have returned after the summer break, focused and engaged in maximising their full potential in their final year of their studies at One In A Million.

Congratulations are in order for the Year 11 students who were successful in securing a role in the Year 11 leadership team.

Head Boy & Head Girl

Abdellwahab Mohamad
Imaan Khan

Deputy Head Boy & Head Girl

Yasir Khan
Maleehah Asif

Student Advocates

Hana Khan
Victor Okokwa-Onyerunma

Prefects

Raheem Akhtar
Hassan Miah
Iqra Ahmed
Zaid Ali
Marjaana Khanum
Bareera Rashid
Maksymilian Pisarek

Year 11 students have set a high standard and this has been noticed by myself and the teaching staff who have commented on the standard of work that has been produced.

Year 11 have also completed their first GCSE mock series, which took place over the course of a 2 week period. This was quite a challenge, which all students responded well to and were treated to a pizza and music afternoon as a treat for their hard work and resilience.

I hope all students have a well earned rest during the holiday and sharpen the saw! Finding the balance between revising and spending time with family and friends is so important to ensure we don't burn out over the course of such an important year for all.

Mr Brennan
Head of Year 11 & Attendance Manager



Looking back over the Autumn Term 2022:

Student Experiences

Year 7 Flamingo Land Trip

The end of year rewards trip for Years 8-11 went ahead on Tuesday 20th September. The students who went to Flamingo Land thoroughly enjoyed the trip. A 11 student expressed their enjoyment of being able to spend time with friends outside of school.

A Year 10 student said: "I loved the rides and not having to queue and also the zoo especially the giraffes".

Sky Bus Tours

School have had the privilege of hosting Sky Up. Students in Years 7-9 took part in a hands-on programme across 5-days. This gave students the opportunity to explore careers within the media sector. The event involved designing a campaign to raise awareness of climate change and renewable energy, which they performed in front of the camera.

A Year 8 student stated 'I loved being able to use the professional equipment and technology for filming and recording. Year 7 students really enjoyed being able to use the green screen and see how filming works in real life.

Student Council Reps

Each form group has elected their student representative to express their views on school and discuss concerns or suggestions made by students.

Whole School Reading

Each year group has also voted for the book they would like to read weekly during form time next half term. The results were -

Year 7 - The boy at the back of the class

Year 8 - Little Badman and the Rise of the Punjabi Zombies

Year 9 - Naughts and Crosses

Year 10 - War of the worlds

Year 11 - One of us is lying

We have enjoyed talking with students about what they are enjoying about their books.

Year 7 Enterprise Day

While older students were involved in the Rewards Trip, students in Year 7 took part in an Enterprise Day. The event, led by the Yorkshire Community Champions Group, involved students in a number of activities including a "Dragons Den" session which supported the development of students' self-confidence as well as encouraging the skills of innovation and collaboration.

Words for Work

In December, Year 8 students worked with Provident Financial Group and the National Literacy Trust on the 'Words for Work' programme.

The morning was split into three sections; a group exercise, journal reflection time, and interviews/feedback.

Students worked creatively and collaboratively whilst demonstrating their oracy skills in front of a full theatre of people including guests!

Values Champion

Last academic year our students voted for inspirational role models they felt best represented our four core values.

The Value's Champions selected were:

Honesty - Rosa Parks

Integrity - Malala Yousafzai

Excellence - Adam Aziz

Compassion - Nelson Mandela

Each half term Form Tutors and Heads of Year will nominate individual students they feel have demonstrated these values. Four students have been presented with the award from each Year group. Students will be given a values champion badge to wear, a stationary goodie bag and they are also able to 'queue jump' for lunch every day for the whole half term along with a friend.

We look forward to see who are our Values Champion in January.

Enrichment

This term's enrichment timetable has included: Reading and Homework club, Football, Art club, Jiu-Jitsu, Mindfulness, Archery and Choir. For next term we have some exciting new enrichments to add to our programme including British Sign Language. Look out for the letter about Enrichment in January.

Please help with Research! The Join Us: Move, Play (JU:MP) project (part of Born in Bradford) supports children and families in Bradford to be physically active and have fun. Over the next year, JU:MP will be improving parks and green spaces in Bradford. Research has shown that teenage girls are less likely to use these spaces than teenage boys, so JU:MP want to understand what causes this, and how to create spaces that are suitable for teenage girls. JU:MP would like girls aged 11-15 and living in Bradford to complete a short survey which asks how they use their local parks and what influences their behaviour. The information they provide will help JU:MP understand how to make parks in Bradford better for teenage girls. If your daughter would like to help this research, please ask them to click on this link to find out more - <https://bit.ly/3FXsjZC>

Careers

One In A Million Free School supports all students in from Year 7 to Year 11 with their career pathways and post-16 option. The careers programme aims to guide students by offering a variety of careers related workshops, drop down days and guest speakers. This term the focus has been on 'Enterprise' related careers and supporting our Year 11 students with post-16 applications.

Sky On Tour

*"We can open our arms for
the millions of adolescents
eager to contribute their new
ideas and bounding
enthusiasm." – Nelson
Mandela*

At the start of the year, the KS3 careers programme began with a unique and exciting opportunity with SKY. A team of ambassadors from SKY worked with our Year 7, Year 8 and Year 9 students for 5 days to create a 'Go Green' campaign using the SKY media equipment. The students enjoyed working with the equipment and took part with exceptional behaviour and determination at every stage of the workshop. The campaigns were eye catching and impressive, with some of our students relaying that they were eager to work for SKY in the future. Well done KS3 and a big thank you to SKY for joining us for the week!

What have we worked with so far?

Year 7 took part in an Enterprise Drop Down day. Year 7 started off the day with a Dragons Den workshop in which they had to create a new product which did not involve technology. The students had to think very hard but the pitches and products that they delivered were fantastic. Peter Jones would have been impressed! They were then joined by three speakers who discussed their inspirational stories which lead them to the high positions they are in now.

Who have we worked with so far?

- The Education Partnerships Team
- Dandelion Organisation Ltd
- New College
- Bradford College
- SKY

The whole school was involved in Bradford Manufacturing Week. Our incredible English team and some year 8 students visited Provident to speak to the Insurance and Finance sector. The students interacted with the staff to gain an understanding of their job roles and day-to-day tasks.

All year 11 students have been encouraged to visit college and sixth form open days. Following this, many students have begun to apply for sixth forms and colleges of their choice, supported by the Careers Coordinator, Head of Year and their form tutors. All students are also in the process of having a 1:1 careers appointment with a coordinator from Shine Careers. 24 students have already had their appointments. One student feedback from the appointment was 'I know definitely what I want to do now. I'm going to work hard to get the grades that I need!' The remaining students will have their careers appointments in the next half term.

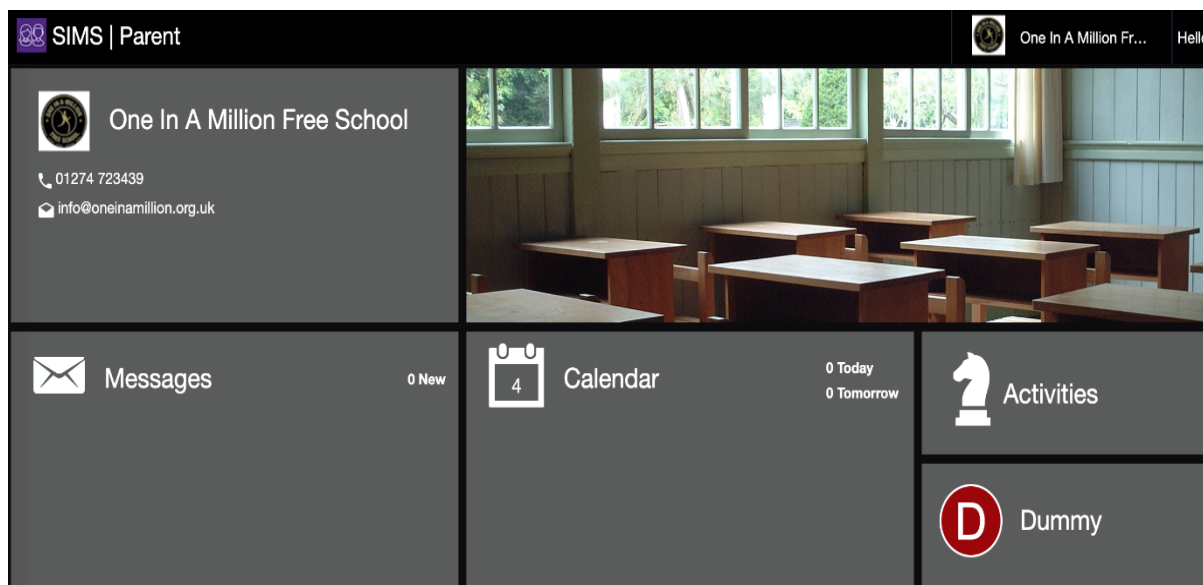
SIMS Parent App is Live!

Last year we launched the SIMS Parent App. We are happy to say it is still running and updates regularly with behaviour and attendance information. We will continue to grow the information available on the app in the coming months as more parents get involved.

To gain access, if you have a Pay 360 account you should also have access to the Parent App. Using your log in try signing into <https://www.sims-parent.co.uk> or alternatively download the SIMS Parent App on your smart phone or tablet. If you do not have Pay360, or this does not work, please contact school reception who will help you set this up.

Year 11 Mock Exams and Whole School Data Capture

Reports have been sent for all students via email and uploaded to Parent App. The Year 11 report contains their mock results and predicted grades. These were also sent out digitally the following day. For Years 7-10 reports show current progress and attitude to learning. If you have not received this information please contact reception to update your email address.



Uniform

All our students in Year 7 to 11 are expected to wear the approved school uniform.

A high standard of work and behaviour is expected from all our students and we believe these are helped by also having high standards of appearance.

All items of school uniform are worn conventionally and we expect parents/carers to support our reasonable requirements. We operate uniform checks each morning to ensure our students uphold our high standards with regard to the dress code and to check on essential items for a successful school day. If the correct uniform isn't being worn, students will be asked to change into school owned alternatives or they may be sent home to change.

Non uniform coats, hoodies or footwear should be removed before students enter the building and stored in their locker.

BOYS - Examples of appropriate trousers and footwear

Plain black unbranded

Plain black slim belt is allowed



Shoes - Plain black leather or leather-look school shoes with no logos or brand names.



GIRLS - Examples of appropriate trousers and footwear

Tailored black fitted trousers



Shoes - Plain black leather or leather-look school shoes with no logos or brand names.



Attendance Matters

Attending school on a regular basis is the key to students achieving or exceeding their potential. It sets students good routines for life and the working world. Being in school provides opportunities to socialise and feel included, learn new things, develop skills, increase confidence and self-esteem.

Students who have excellent attendance are eligible to take part in rewards events, attendance celebrations and prize draws throughout the academic year.

Attendance of 90% sounds positive but is equivalent of 19 days absent per year, and missing just 19 days of school per year (attendance of 90%) equals one GCSE grade dropped on average.

At One In A Million Free School, we expect students to achieve at least 97% attendance. We thank Parents/Carers who encourage their children to attend school every day.

Period Products

Girls will attend sessions in January led by Miss Stuart. The sessions will focus on the availability of period products in school and support for female support.

Anti – Bullying & Hate Crime

All students have attended assemblies and taken part in activities which underline our commitment as a school to opposing all forms of bullying and hate crime.

One In A Million Free School is an inclusive school where all are unique and valued.

We celebrate diversity.

Safeguarding and Support

As a safeguarding team we aim to provide a safe environment for our students to learn in. We want to make sure that our students remain safe, at home as well as within school. If you need to talk, we are here to listen. If you are worried about something you can talk to a member of staff in school.

Our safeguarding team are:

Miss Woodcock – Safeguarding Lead

Mr Gallagher – Safeguarding Lead

Mrs Hobbs – Safeguarding Deputy

Numbers to contact if required during the holidays:

Childline: 0800 1111

First Response: 0800 952 1181

Mind In Bradford: 0800 1884 884

Upcoming Events

Tuesday 3 rd January	School Re-opens	
Monday 9 th January	OCR Exam	
Wednesday 11 th January	End of OCR Exam	
Thursday 12 th January	Year 10 Parents Evening	15:30-18:00
Friday 13 th January	Flu Vaccinations	
Monday 23 rd January	How to help your child revise session (for Y11 Parents and Carers)	16:30-17:30
Wednesday 25 th January	Parent Forum (E Safety)	18:00-19:00
Thursday 2 nd February	Year 9 Parents/Options	15:30-18:00
Monday 13 th February	Half Term	
Tuesday 21 st February	Residential Information Evening	TBC
Monday 27 th February	Year 11 Mock Exams	
Thursday 2 nd March	World Book Day – Characters Competition	
Monday 6 th March	Year 7 Residential Trip (5 Days)	
Friday 15 th March	End of Year 11 Mock Exams	
Tuesday 3 rd April	Easter Holidays	

PREVENT

Please see information from Bradford Metropolitan District Council:

Within Bradford Local Authority we have a Prevent team which supports schools and the local community, with understanding and implementing the key requirements of the Prevent Duty. We are writing to you today to raise awareness regarding online dangers, firstly surrounding the themes of the Prevent agenda but also more generally about online safety.

Recently more and more young people have been occupying themselves online than ever before and whilst the online space can be fun and educational it can also pose risks to young and impressionable people. Keeping young people safe online is just as important these days as keeping them safe from “stranger danger” so taking time to read and understand how to keep them safe is important if we are all to work together to reduce the risks. Below are some useful resources and guidance to support you in keeping your young people safe.

Best Wishes,

The Prevent Team

Want to increase your young person’s resilience against the risk of radicalisation online but not sure how to start? Click on the link to get yourself skilled up Protect children from radicalisation - [Protect children from radicalisation - Internet Matters](#)

Critical thinking skills can help keep young people safe from fake news, misinformation and scams. To learn more - [Fake news and misinformation advice hub - Internet Matters](#)

Parents...Do you know all about the age appropriateness of games you are buying? if not click here to learn more - [Video games age ratings explained - Internet Matters](#)

Parent Zone

In chat gaming can be fun but there can be risks. Parents/carers increase your awareness with @TheParentsZone on how you can keep your young person safe in their in-chat gaming - [In-game chat | Parent Zone](#)

Childnet

To help develop your awareness around the online gaming safety aspects Childnet have produced a useful resource leaflet available here - [Online Gaming: An introduction for parents and carers | Childnet](#) You may also want to consider looking at their resource hot topics around gaming which you can access here - <https://www.childnet.com/help-and-advice/supporting-young-people-with-send-online/gaming-and-social-media/>

UK Safer Internet Centre

Is your child getting tech for a birthday or other special occasion? Make sure the security settings are set and you help keep young people safe learn more here - [Parental controls offered by your home internet provider - UK Safer Internet Centre](#)

Think You Know

For further general advice about keeping young people safe online or to report a concern you can visit - [Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#)

For further information about the Prevent Duty please contact:

Assia Hussain

Prevent Education Officer

Email: Assia.Hussain@bradford.gov.uk

Website: Register or login at [Welcome to the PREVENT Team | Skills 4 Bradford](#) to access a range of free resources for parents and schools.





You don't have to see the whole staircase, just take the first step.. – Martin Luther King Jr

Many households in England, Wales and Scotland can get up to £1,500 of Government support this year, designed to help a little with energy bills - though most households won't be eligible for the full amount. You may be able to get:

A £400 non-repayable energy grant

£400 grant is due to be paid to all households over a 6 month period from October 2022. £66 for the first 2 months followed by 4 payments of £67. This will be paid directly to your energy supply company and shown on your billing statements, it is not being paid to the individual households. Prepayment meter customers should receive the allowance via vouchers that will be sent directly from the energy companies. Check before October that the company has the correct contact details for the bill payer.

A one-off payment of £650

More than 8 million households in the UK on means-tested benefits will receive the payment. The DWP will make the payment in two lump sums - the first from 14th July, the second in the Autumn. This will go directly into the account you receive your benefits into. To qualify for the payments you'll need to be receiving one of these benefits;

- - Child tax credit
- - Income support
- - Universal credit

A £300 winter fuel payment top-up

- Income-based jobseeker's allowance - Income based ESA
- Working tax credit

This will be paid to the UK's 8 million pensioners who get the Winter fuel payment. You'll qualify if you'll be over state pension age between 19th and 25th September 2022.

A £150 top-up for those on certain disability benefits

Approximately 6 million people across the UK will receive a one-off payment of £150 in September. This will be paid straight into the account you currently receive your benefits into and is designed to help towards the cost of specialist equipment and food, and increased transport costs. To qualify for the payments you'll need to be receiving one of these benefits;

- - Attendance Allowance
- - PIP
- - War pensions mobility supplement
- - DLA
- - Armed forces independence payment
- - Constant attendance allowance

Support is available

Contact your energy supplier if you are struggling to pay your bills, further advice is available on Ofgem.co.uk including help with paying your bills and registering for the priority service.

You can get free advice on managing debt problems and budgeting through: The Money Advice Service 0800 011 3797, National Debtline 0808 808 4000 and StepChange Debt Charity 0800 138 1111

Top tips to lower the cost of living

1. Avoid leaving appliances on standby

The average UK household spends £55 a year powering appliances left on standby. Switch off and unplug any electrical items that aren't currently being used.

2. Avoid using the oven

A slow cooker on average costs just 23p to cook a meal for a family of 4, this is far cheaper than using a standard electric cooker. It also reduces the washing up as it's all in one pot. Microwaves are high wattage but tend to be used for less time, so there's less wasted energy. It often costs 25% less microwaving a jacket potato than oven-cooking one.

3. Try Apps such as Olio or Too Good To Go

Olio offers leftover food for free. Instead of binning surplus food, people sign up to the app and offer it to their local community. It's not just people clearing out their kitchen cupboards, as major supermarkets and retailers such as Tesco and Pret - as well as independent outlets have also jumped onboard. Too Good To Go offers restaurant and food outlets surplus food at heavily discounted prices. Toby Carvery, Starbucks and Greggs are just some of the places who list their items.

Both Apps are completely free to download.

4. Pay attention to regular payments leaving your bank account

Regular payments can often go unnoticed from your bank account, they drip away at your money and can often be for goods and services that you no longer want or use. Check through bank statements and cancel any payments that are no longer needed.

5. Claim free water saving gadgets

Water companies hand out free water saving gadgets via the water efficiency site 'Save Water Save Money'. These include shower heads, tap inserts and garden hose nozzles. As well as saving money for those on water meters, as much of the water we use is heated, it reduces energy bills too.



Tips to Lower Your Energy Costs



Heating:

- Turn heating down by 1 degree
- Move furniture away from radiators
- Turn down radiators in rooms you don't use much

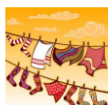


Keep the heat in by:

- Close curtains & doors
- Fitting draught excluders

Water & Laundry:

- Take showers instead of baths
- Set your hot water timer
- Get a hot water cylinder jacket
- Do laundry at lower temperatures
- Dry clothes outside



In the Kitchen:

- Keep lids on saucepans.
- Only fill the kettle with as much as you'll actually use.
- Cook in big batches
- Use a microwave rather than the oven
- Defrost freezer regularly and keep it full
- Use a full dishwasher



Be Smart

- Get an energy monitor or smart meter (*this does not suit everyone*)



All information is taken from

<https://www.moneysavingexpert.com/><https://www.gov.uk/><https://www.citizensadvice.org.uk/><https://quakersocialaction.org.uk/>

You've got to get up every morning with determination if you're going to go to bed with satisfaction – George Lorimer

This guide is looking at ways to make your kitchen choices more energy efficient with the hope that it will save some money without the need to go out and buy any new gadgets. It should also give some tasty recipes that are easy to follow and adapt to meet your family's taste.

Save energy when you cook



Obviously you need to ensure your food preparation methods don't affect the quality of your meal but there are some simple ways to save energy when cooking.

Think about how you heat your food - using a microwave is far more energy efficient than cooking on a traditional gas or electric hob when you're heating up small amounts of food.

1. **Heat water in a kettle**, rather than on the stove. You can transfer it into a pan once it's already boiled.
2. **Only use as much water as you need** - boiling water takes more time and energy
3. **Always cover your pots and pans** - the water will boil faster and use less energy to

heat your food.

4. **Turn off the heat a couple of minutes before your food is fully cooked** – particularly if you've got an electric hob, as they take some time to cool down and will continue to cook your food
5. **Don't open the oven door repeatedly** – you'll let out hot air and waste energy. If you can, take a look through the glass door instead

All information included is taken from; www.uswitch.com www.moneysavingexpert.com
www.energysavingtrust.org.uk and www.fyf20quid.co.uk

With the cost of living rising, it's always useful to have a bank of family meals that can be cooked using air fryers, microwaves or slow cookers as these appliances are far more cost effective than a regular electric oven. Another advantage is that they are often cooked in just one pot meaning less washing up and mess to clear up after the meal is prepared which is a bonus.

Slow Cookers

One of the main attractions for many is the ease of a slow-cooker. For most recipes, particularly soups and stews, you really can just throw all the ingredients in. It's also a good idea to brown meat to give it some colour but again this is not essential. If you're short on time in the morning, prepare everything you need for your slow-cooked meal the night before, put it into the slow-cooker dish,

cover and store in the fridge overnight, Ideally the dish should be as close to room temperature as possible, so get it out of the fridge when you wake up and leave it for 20 minutes before turning the cooker on. Slow cookers are great for cooking cheaper cuts like beef brisket, pork shoulder, lamb shoulder and chicken thighs. You can also use less meat as slow-cooking really extracts a meaty flavour that permeates the whole dish. Bulk up with vegetables instead.

A slow cooker uses approximately a third of the electricity a cooker uses. So a casserole may use 30p of electricity for 1 hour in the oven yet a slow cooker used over 8 hrs costs around 10.5p

Air fryers

They have a heating element at the top of the appliance that creates hot air which is circulated throughout the cooking chamber using a fan. This creates an environment in which food can be cooked quickly and evenly. They are energy efficient due to the high temperatures and reduced timings it takes to cook food. Another alternative is they require far less oil than fried foods making them a much healthier option too. Most air fryers can cook a whole roast chicken along with roasting potatoes for a family of 4 in one go.

Research by supplier Utilita and supermarket Iceland has found that air fryers are significantly cheaper to run than electric ovens. According to the research, an average electric cooker costs 87p to run per day, while an airfryer will set you back just 14p per day. You could save upto £285 a year by switching.

Microwaves

Energy experts at Uswitch state it is generally much more energy efficient to use a microwave, compared to using an oven. For example a baked potato in the oven would cost around 27p compared to 3p in the microwave. Most meals are much quicker in the microwave as well. You'll generally find most easy meals take around 5 minutes in the microwave, compared to around 30 minutes in the oven, this is obviously going to save you money every time.

Recipe ideas taken from fyf20quid.co.uk - sign up to the website for free weekly meal plans to serve a family of 4 for around £20.

Air Fryer - King Prawn Tacos

Tacos are a great dish that's light, full of flavour and very versatile. You can add any toppings you fancy or keep it simple with just a green salad. The choice is entirely up to you and your family's tastes. You can make it fun by putting everything on a board and letting them fill their own Taco shells



Ingredients

300g Raw King Prawns 1 tbsp oil

1 tsp paprika

1 tsp garlic paste

1/2 tsp cumin

2 pinches S&P

8 small flour tortillas 100g spinach

1 pepper

4 spring onions

150g cherry tomatoes

2 tbsp sweet chilli sauce



1. Take the Prawns out of the fridge 30mins beforehand. Shred the Spinach. Dice the Spring onions. Slice the Pepper. Slice the Tomatoes.
2. Make up the Marinade by adding the oil plus all the spices to a bowl and mixing together. Add the Prawns and gently mix till they are coated in the marinade.
3. Place the Prawns in a single layer in the air fryer basket. You may need to do them in batches to avoid crowding the basket.
4. Turn the Airfryer on and cook for 5mins at 180°
5. Turn them over and cook for a further minute to crisp up. Remove and wrap in tinfoil to keep warm.
6. Give the basket a wipe with a paper towel and place the Tortillas inside.
7. Switch the Airfryer on and cook at 180° for 1-2 minutes- Turn them over and repeat for 1 minute.
8. Remove from the Air fryer and fold over whilst warm . This helps them to keep their shape when assembling the filling.
9. Assemble the Tortilla: Add a handful of spinach. Add some sliced pepper and spring onion, the sliced tomatoes and prawns. Drizzle with sweet chilli sauce.
10. Serve with a green salad, some Tortilla crisps and a spicy chilli mayo dip.

Air Fryer - Feta Pasta

Air fried Feta Pasta - This Tik Tok famous pasta has had a slight tweak by adding some spinach and adapting it for the air fryer, making this even more convenient but just as tasty!

Ingredients

2 packs cherry tomatoes 5 tablespoons oil

200g salad cheese

1 tsp dried oregano

Salt and pepper, to taste

250g pasta

1 garlic clove,

1 handful fresh baby spinach chopped finely

5g chopped fresh basil



1. In an 8-inch baking dish (or other oven-safe dish), toss the tomatoes with 3/4 of the oil.
2. Place the cheese in the middle, drizzle it with the remaining oil, and season with salt, pepper, and oregano.
3. Place the baking dish in the basket of the air fryer or on the shelf if it is an oven type, and cook for about 30 minutes at 180oc, stirring every 10 minutes, until the tomatoes have burst, and the cheese is browned.
4. Meanwhile, cook the pasta according to the package directions. Reserve 1 cup of the pasta water, then drain.
5. Remove the cheese and tomato mixture from the air fryer and stir in the garlic until everything combines into a creamy sauce.
6. Stir the sauce into the cooked pasta along with the spinach, basil, and some of the reserved pasta water to loosen, if needed.
7. Season with additional salt and pepper, as desired. Stir and enjoy!

Slow cooker - Mac & Cheese

Mac n cheese with a twist - cooked in the slow cooker!

Ingredients

1 Butternut Squash,
diced 1 Small Onion, Chopped 3 cloves Garlic, Chopped 100ml's Vegetable Stock 500g pasta
200g mature cheddar, grated 100g soft cheese
1 tbsp salt

1. Place butternut squash, onion, garlic and vegetable stock in the slow cooker. Cover and cook on high for 3 hours, or low for 6 hours.
2. Use a stick blender to puree the vegetables.
3. Add the pasta, salt, and cheeses to the to the veg.
4. Cook for 1 hour on high or 2 on low.
5. Season with salt and pepper to taste and serve

Slow Cooker - Coconut & chickpea curry

Tasty vegetarian meal served with rice

Ingredients

400g chickpeas
1 cauliflower head chopped up
1 onion
2 cloves of garlic minced
1 thumb size bit of ginger minced 1 tin tomatoes
100g baby spinach
1 tin of coconut milk
250ml veg stock
1 tbsp curry powder

1. Add everything except the coconut milk and spinach to the slow cooker. Cook for 4 hours on low or 8 on high.
2. Add the coconut milk and spinach and stir to combine.
3. Heat through for 15 - 20 minutes until the spinach wilts
4. Serve with rice



