

GOOD LUCK GLEE and MR HALL – tonight at the final of ‘Last Choir Singing’! It will be a great night!

Fun Run!

- Yes running and fun really do go together! Many thanks to Rachael Rawsthorne for organising this really enjoyable event, it was incredible to see parents and children, members of the community, staff and people from running groups all together enjoying running! Thank you Mrs R! Same again next year...?

Isle of Man

- Welcome back Year 6, Mr Hall and Miss Braitwaite. We are enjoying hearing all your stories...!

Welcome!

- Some days ago our 'Mummy' hen sat on eggs brought from Mrs Boases' house and two little grey chicks have hatched! Names to be confirmed...

Explorer Friday

- **Friday 23rd June** we are transforming into intrepid explorers and will be discovering a range of fossils here at Forton School. yes - this is possible!
- Children to come dressed as a famous or fictitious explorer for the day and be prepared for anything to happen...
- (Apart from Celebration Assembly, which is unable to take place due to important discoveries to be made.)

Healthy Eating Week

- Peasy Cheesy Bagels. class 3 made these delicious canapes for the school to try. They had a mixed reaction from the children but the staff loved them! Recipe attached - delicious!
- HEALTHY EATING TRACKERS to be handed in on Monday please.

Own Clothes

- Thursday 29th June children can wear their own clothes, if they wish... The 'Fine' is something for the FOFS BBQ. Wine, chocolate would be gratefully received!

UCLAN

- Science trip to University of Central Lancashire for all juniors on 30th June. letter to follow next week.

Y5 Challenge

- Year 5 girls have been running the skipping and hula hoop challenges at lunchtime. The winners will be announced on Monday.

## Peasy cheesy canapes

### Ingredients

1 x bagel, halved, toasted and cut into eight pieces  
50g peas, canned or frozen and defrosted  
16 x peas (for decoration)  
½ lime  
1 x spring onion, washed and trimmed  
3 x mint leaves, washed  
50g reduced fat soft cheese  
1 x thin slice of crumbly cheese  
(e.g. Cheshire, Lancashire)



### Equipment

Juicer, small mixing bowl, fork, kitchen scissors, 10ml spoon, mixing spoon, chopping board, 2 x small spoons, serving plate.

### Method

1. Juice the lime.
2. Place the peas into the bowl and crush with the fork.
3. Snip the spring onion, finely, into the bowl (put aside the first eight snips for decoration at the end).
4. Snip the mint leaves into the bowl.
5. Add the reduced fat soft cheese.
6. Add 10ml of the lime juice.
7. Mix all the ingredients together.
8. Place the bagel pieces onto the chopping board.
9. Spoon the mixture equally onto the eight pieces of bagel.
10. Crumble the slice of cheese onto the chopping board and add a few pieces to each bagel.
11. Decorate the bagel pieces with the 16 saved peas and the snips of spring onion put aside earlier.
12. Arrange on a serving plate.

### Top tips

- Try wholegrain bagels or other types of toasted bread.
- Use cottage cheese instead of soft cheese.
- Try adding other ingredients to your mixture, e.g. chives, cooked ham.
- Top each canape with a small mint leaf.
- Serve with pepper sticks or halved cherry tomatoes.

<b>Class 1</b>	<b>Maisy Wood</b> for working hard with money. Well done!	<b>Grace Kidd</b> for working independently. Well done!
<b>Class 2</b>	<b>Lottie Capewell</b> for her work in phonics. Well done!	<b>Sam Armstrong</b> for his positive attitude. Well done!
<b>Class 3</b>	<b>Will Suart</b> for working on improving his writing. Well done!	<b>Rhys Potts</b> for his enthusiasm during Healthy Eating Week. Well done!
<b>Class 4</b>	<b>Noamy Di Guisepppe</b> for her fantastic start at Forton School! Well done!	<b>Callum Dodd</b> for his perseverance and positivity. Well done!
<b>Team</b>	<b>Lune</b>	
<b>Birthdays</b>	-	

### Dates for Your Diary ~Summer Term

**NO CELEBRATION ASSEMBLY FOR THE NEXT 2 WEEKS – therefore the  
next one will be Friday 7<sup>th</sup> July 2017**

***Friday 30<sup>th</sup> June ~ Junior Trip UCLAN***

***Thursday 13<sup>th</sup> July ~ Junior Play at 2pm and 6pm.***

**We are proud to present ' Robin and the Sherwood Hoodies'. Please note that this will  
be an outside performance, so picnic mats will be required!**

***Friday 14<sup>th</sup> July ~ FOFS BBQ***

***Thursday 20<sup>th</sup> July – Summer Ball***

***Friday 21<sup>st</sup> July – Leaver's Assembly at 9:15 am - as in previous years, this  
assembly is for the families of the children that are leaving***