

OUR SCHOOL **PARENT MEET**

SUMMER HOLIDAY HINTS & TIPS FOR PARENTS

28TH JUNE 2018

10AM TO 12PM

THE RISE SCHOOL
BROWELLS LANE,
FELTHAM TW137EF

Summer is here! So let's discuss ways to make the summer holiday a fun, creative and light-hearted experience for you and your child.

As part of the session we will:

- Share strategies to support children with ASD with the 'off routine' aspects of the holidays.
- Share ideas for summer holiday activities for your home, the local area and London.
- There will also be an opportunity to say hello to our Interim Head Teacher Helen, who many of you have met before.

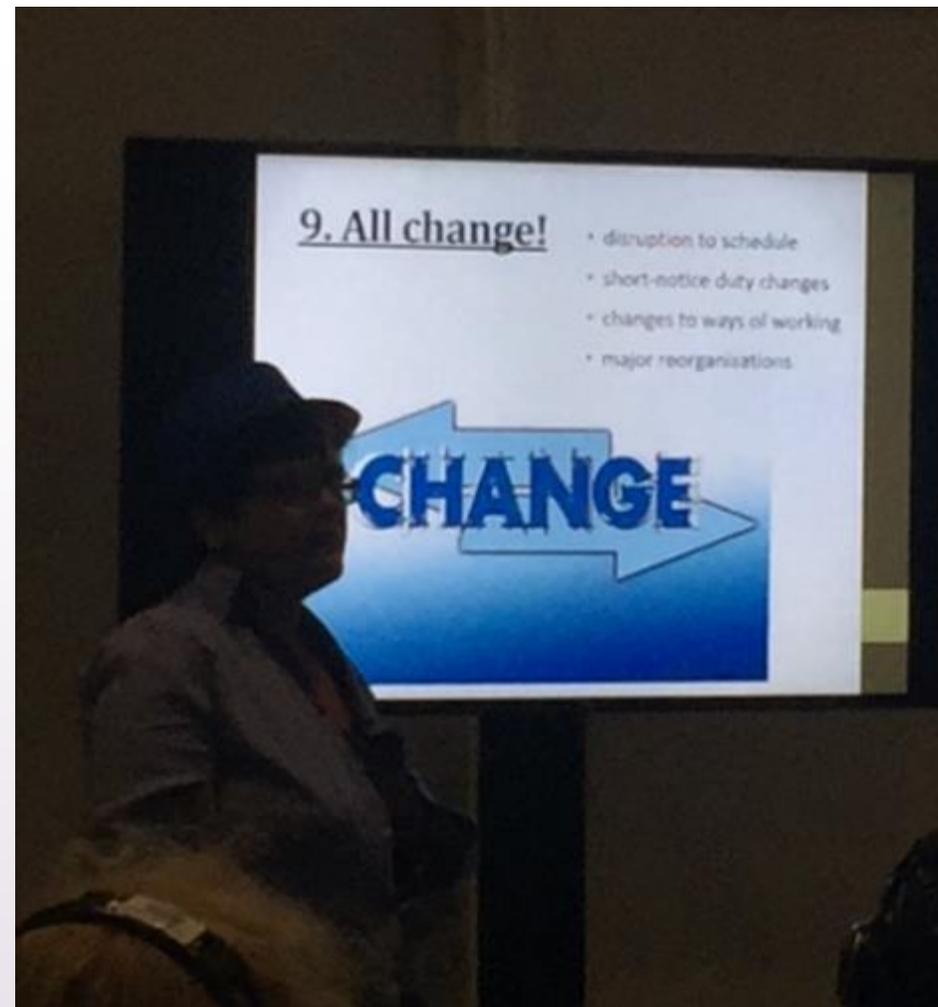


Timing	Activity
10:00- 10:15	Welcome and Mindfulness
10:15- 10:20	Hello from Di our family liasion officer
10:20- 10:40	Strategies to support with the off routine aspects of the holidays.
10:40- 10:50	Have a look at the pack and other resources provided
10:50- 11:00	Hello from our Interim HT Helen
11:00- 11:15	Break
11:15- 11:30	Andy presents
11:30 onwards	Discussions on more ideas for things to do in the holidays and feedback for next year's parent meets.





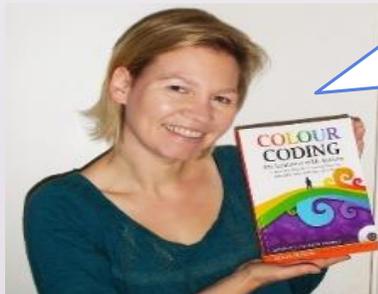
Why is it important to have some strategies and a broad plan in place to make the summer holidays a success for the whole family ?



Any change can cause stress and anxiety to many pupils with ASD due to its lack of routine and familiarity – Janine Booth

Summer holidays is one such change

- ▶ The summer holidays are a natural time of anxiety for many pupils with ASD as it is a long stretch of time without their normal routines.
- ▶ Neurotypical individuals do a lot of this scheduling and imagining what the day will look like in their minds. However, some people with ASD may struggle to do this and therefore providing a concrete schedule will support them.



Adele Devine, author of Colour Coding for Learners with Autism

Compare the schedule to the map on the train. It is providing vital information about the day. How long until playtime? How long until lunch? Routines and repetition make us all feel safe.



Keeping kids on a schedule is best because:

- ▶ Consistency gives kids security
- ▶ Inconsistency creates emotional anxiety
- ▶ Allow for flexibility within the day.
- ▶ Parents should be consistent when children are at home.
- ▶ Schedules increase the levels of trust that kids have with the adults in their lives. “When children have too many unknowns, anxiety builds up and they start showing emotional reactions to the inconsistency.”

Summer Vacation: Necessary Relaxation or Stunting Our Minds?



"I'm pretty sure I'll forget everything I've learned this year during vacation. Otherwise, there's no point in coming back every year."



Search ID: Jknn1556



"I'm going on vacation and this carry-on has my smartphone, my work laptop, and a ton of important paperwork I could do on the plane. How much extra for you to lose it?"

Separation September

What happened during the holidays?

Stressful school holidays dent the relationships of nearly a fifth of parents (18%).

A survey of over 2,000 adults in the UK, three quarters of them parents, has revealed that balancing childcare requirements over the school holidays is 'very stressful' (15.4%) or 'stressful' for 27%.

SEPT	2014
<p>10.6%</p> <p>of parents spend a few days apart</p>	<p>9.8%</p> <p>of parents contemplate a trial separation</p>
<p>3.9%</p> <p>of parents consider divorce</p>	<p>5.6%</p> <p>of parents consider breaking up</p>
<p>15.4%</p> <p>of parents find school holidays 'stressful'</p>	<p>16%</p> <p>of parents find school holidays 'very stressful'</p>

Stowe Family Law has now run its September separation survey for two consecutive years polling over 4,000 adults across 16 cities. The 2014 data was provided by TLF Research Ltd polling 2,018 UK adults 18 - 29 August 2014. Results have been weighted to nationally representative criteria, of these 64% were parents. Further details: www.stowefamilylaw.co.uk 0207 421 3300



Marilyn Stowe

Marilyn Stowe

One of the UK's best-known family lawyers, Marilyn Stowe has helped more than 12,000 clients. She is the founder of **Stowe Family Law**, the UK's largest standalone family law firm.



The concrete schedule

This concrete schedule can take on many different forms, depending on the individual, their age and need. It can be a broad schedule or a very detailed one depending on your child's need.



Visual schedules

- ▶ A child often will have a much better recall having seen a visual schedule, versus hearing a verbal account of upcoming events. Using visuals can also teach the importance of organization and structure.
- ▶ There are many variations when it comes to creating a schedule – some have pictures, some have the written word, some have both.



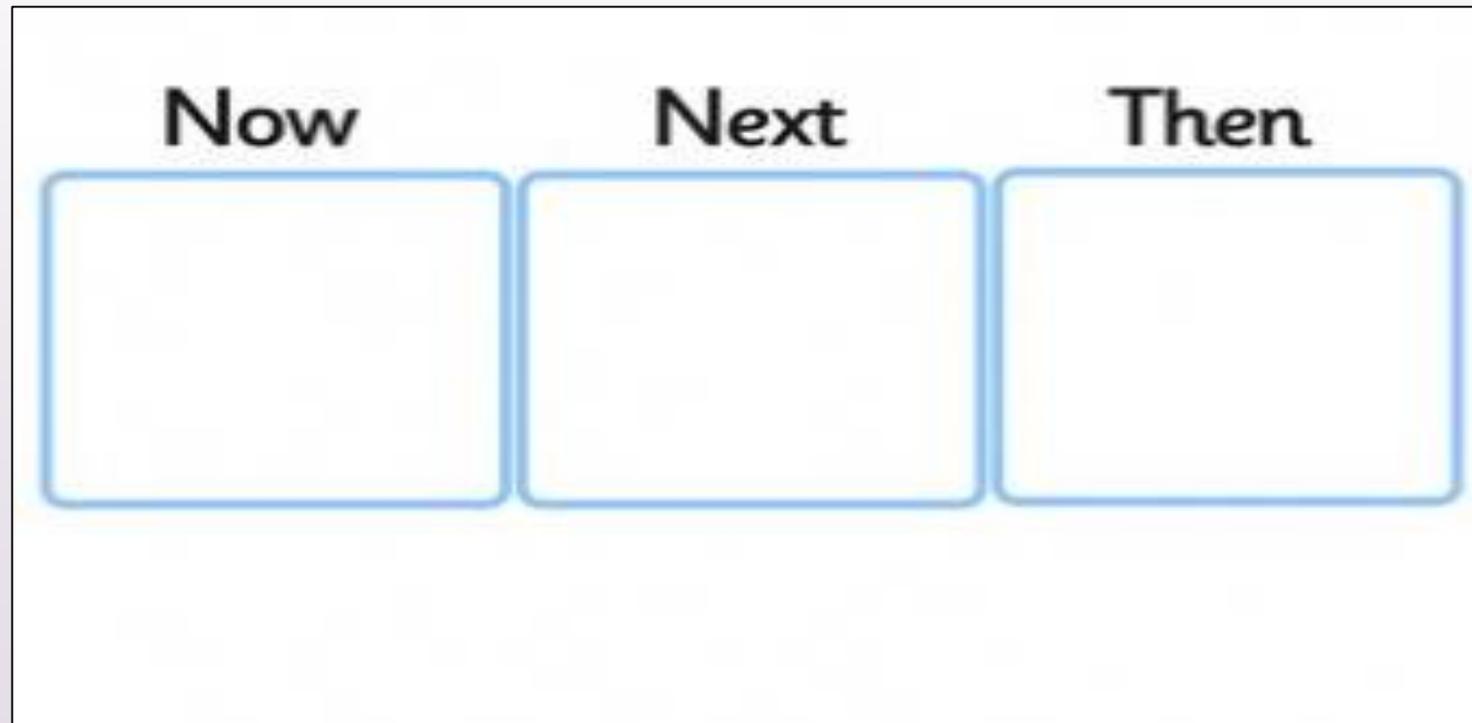
Some schedules are “hands-on,” such as having the child check off an item after completion

Countdown calendar

Prepare a calendar for their room and write in any days out, holidays etc on it so they can see what they will be doing on each day, as each day passes they cross out the day just gone at bedtime.”

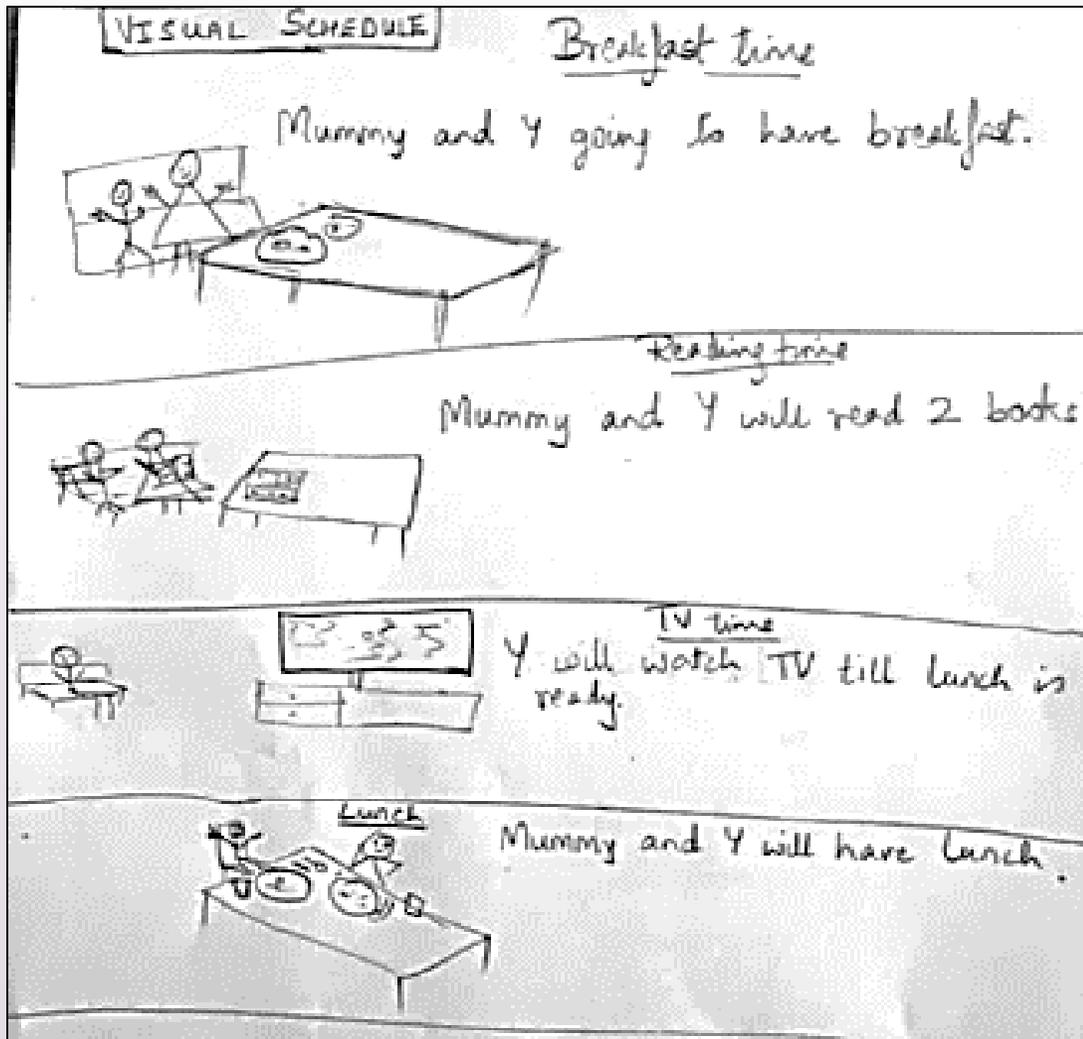
Some are a simple, like a “first and then.”

- ▶ Simple First and then schedule



Some can be like a social story.

- It can be simple stick man drawings! You don't need to use a computer.



Some can be in the form of written words

WRITTEN SCHEDULE

Weeks Plan

Monday	Breakfast	Reading	Xbox	lunch	Play in park	Bath time	Dinner
Tuesday	Breakfast	Swimming		lunch	TV time	Bath time	Dinner
Wednesday	Breakfast	Reading	Movie and lunch outside		TV time	Bath time	Dinner
Thursday	Breakfast	Trip to Legoland				Bath time	Dinner

You can also use verbal words

- ▶ Older pupils may need this done in a subtle fashion:

So Michael, what are you going to do before lunch time today? We'll have lunch at 1pm.

- ▶ You do not need to schedule every minute (eg. from 9.15 – 10.15am) but broad sections of the day “Before Breakfast...” “After lunch...”

- 
- It is always important to figure out upfront what type of schedule will work for your child and your family.
 - You should be sure you understand how it works and then teach your child to use the schedule.
 - You also should be consistent in using the schedule for it to be a success.
 - Keep in mind that it may take a little adjusting if it is something new in your home.





The detailed schedule for specific day/days- Social stories, verbal mentions, key timing reminders

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ActiVise **What's Next** *for iPads, iPhones & Android*



Untangling life with every step...

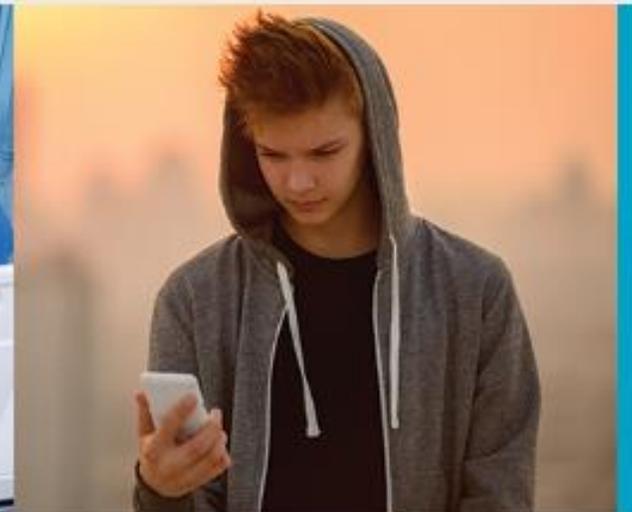
Personalise with your steps, text and images...



Read, follow or memorise the sequence



Easily edit the sequence



Use the app to create personalised...

visual timetables



Untangle the school day with a personalised visual timetable!

Create your visual timetable with your own pictures or photos taken on your camera and add your own text to specifically personalise your school day.

Social Stories



Untangle every day events with social stories!

Create your social stories with your own pictures or photos taken on your camera and add your own text to personalise your social stories.

OR

Download social stories and add your own pictures or photos taken on your camera and edit the text to personalise the social story for your needs.



Patient Journeys



**Provide your
details**



**Talk to the
doctor**



**ECG heart
monitor test**



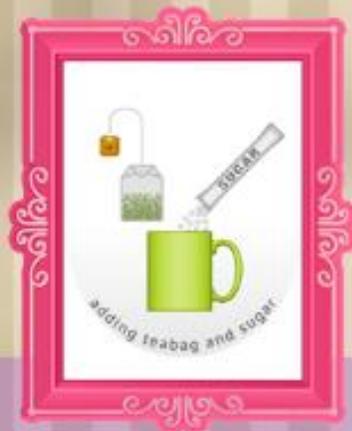
**Receive
medicine**



**Rest in bed for
2 hours**

Untangle patient journeys A patient journey illustrates the steps involved in a hospital treatment. The **Services for Children with Autism** team at the **Royal Manchester Children's Hospital** believe that children with autism are able to access treatment more effectively if they have a personalised planned patient journey for their treatment that is created before the day of the treatment. Acognia are in discussion with the **Royal Manchester Children's Hospital** to enable the Hospital to use the ActiVise What's Next app to create ready made patient journeys that can be downloaded onto the patient's iPhone or Android phone and personalised specifically for that individual. Patients will be able to follow and amend, if necessary, the patient journey on their iPhone or Android phone in real time whilst receiving their treatment.

INDEPENDENT LIVING



Untangle independent living...

Looking for a discreet helping hand to remember those essential everyday tasks. Create your own independent living sequences using your own pictures or photos taken on your camera and edit by adding personalised text.

Preparing for holidays & day outs

- ▶ Try and prepare for holidays and days out by picking destinations with lots of information and photos you can show to your child in advance

“Whenever we go away we make sure we book a holiday online that shows pictures of the insides of the rooms/pool/dining room etc. printing them and showing them to our son has made the difference and prevented wasting two or three days of the holiday while he grumpily gets used to his new surroundings,” says artyhlta on the forums. “Our son is very motivated by food (a complete turnaround from when he was little) so reading food reviews of the hotel/bed and breakfast also helps.”

- ▶ “Get YouTube footage of place to be visited or activity to be undertaken if possible to inform expectations with visual prompts,” suggests @Dr_Mel_Thomson
- ▶ “I never thought I would ever get my son on an aeroplane and go abroad, but I showed him a brochure picture of the apartments and swimming pool and he asked to go there,” says Karen on Facebook. “He eventually accepted that he could only go there on an aeroplane and he held onto the brochure all the way there.

- 
- ▶ “I have to know exactly where and when we are going and how long for and exactly what we are going to do” says @thegingersquirt
 - ▶ @teasthlm says: “For longer holidays I do schedules with pictures for each day. I also plan for a mix of high and low tempo days.”
 - ▶ “Some airports and airlines have autism-related events where they let kids experience the whole process from ticket counter to getting in your seat” says surfkaboom on Reddit. “Nice way of doing a trial run before the big travel day.”
 - ▶ “We get seats on the plane which mean we are one of the first to get onboard, that way we don't go into a confined space with lots of people in and we get settled and occupied before the plane starts to fill up,” says bumblebee on the forums. “We also go to the same place and same hotel each year which helps! Taking favorite foods, pillow cases from home and transition toys helps too
 - ▶ nezumipi on Reddit says “When my (American) family visited Europe for the summer, we were very worried about my autistic younger brother getting lost in a place where he wouldn't be understood (he was verbal, but not very flexible or fluent in his communication). We prepared cards that listed basic information about him in several different languages. First we practiced having him hand the cards to family members who faked not speaking English. Then we practiced having him hand the cards to store clerks we knew. Lastly, we practiced leaving him on a street of shops (surreptitiously supervised) so he could practice entering one and finding the clerk to give them the card. In Europe, we never ended up having to use the system, but were able to have a much better vacation knowing that he would be able to seek help if lost.”

- 
- ▶ “Plan one activity day, one chilled day! Prepare for unexpected ‘I've had enough, can we go home?’ or opposite...’Why must we go home?’” says @Aspievale
 - ▶ Jane on Facebook says: “We do a list of what's going to happen. Our beach day one was
 - ▶ car
 - ▶ beach
 - ▶ play
 - ▶ ice cream
 - ▶ play
 - ▶ home
 - ▶ dinner
 - ▶ shower
 - ▶ story
 - ▶ bed
 - ▶ This is somewhere we go fairly frequently and ending lists with shower story bed really helps reassure my son that the day will revert to a normal routine.”

- 
- ▶ “For flights I give the boys a bag with DS, books, few little cars and sweets/snacks etc. to keep them amused” says Snowdrop on the forums. “I'd also say don't fly too far, we went to Menorca and the flight was only a few hours which was just about enough.”
 - ▶ @BADHofbauer says “We have found keeping a fidget bag in the car helps with car journeys”
 - ▶ Karen on Facebook says: “We tend to stay in small apartment complexes rather than big hotels, and on the whole people have always been very friendly and understanding (although it would be a lie to say that we could go a whole 10 days without any behavioural problems!). So advance preparation and small, friendly places works for us.”



Preparing for returning to school

- “We prepare my sons to go back to school, again using the calendar in their room,” says Snowdrop on the forums. “As they cross off each day of the holiday gone they can clearly see how close they are to going back to school.”
- NickyB on the forum also uses a social story for her son; “It explains who is going to be in his class, and has pictures and names of the staff. We used to use a calendar to count down the days, but now he's older we can just give him verbal reminders in the days leading up to his return to school.”



► Here are some resources for using visual supports:

www.do2learn.com

www.card.ufl.edu/content.visual.html

www.kidaccess.com/index.html



**Laughter is an instant
vacation.**

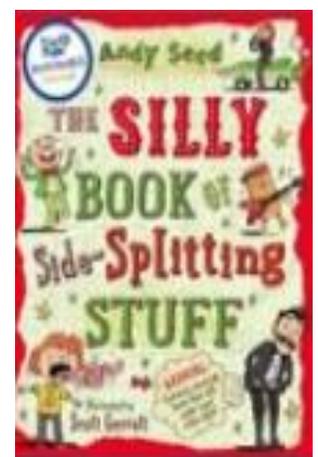
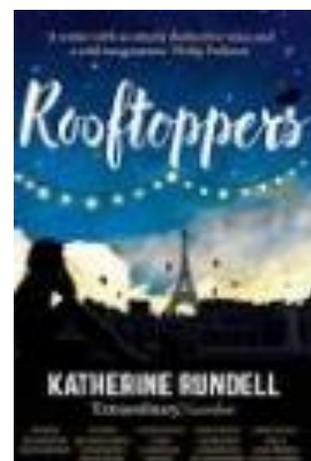
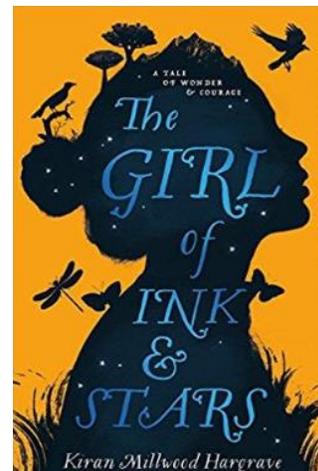
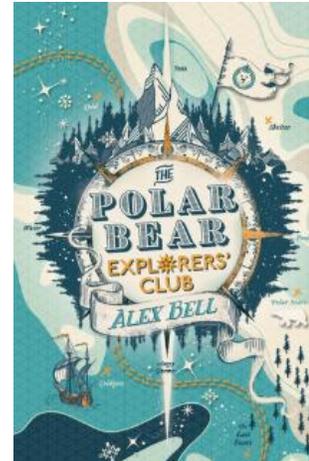
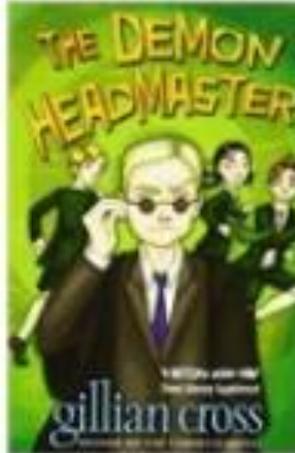
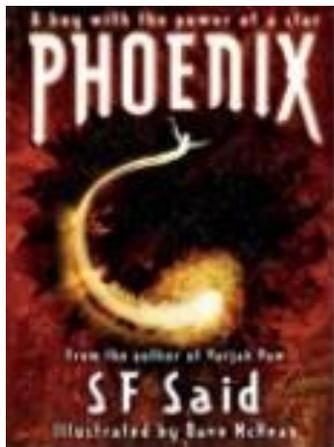
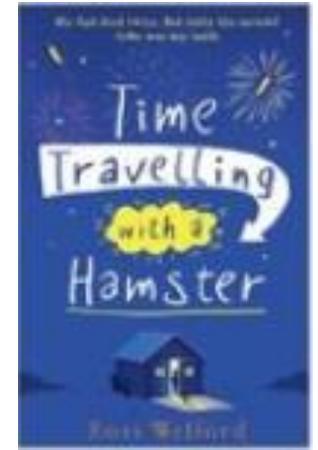
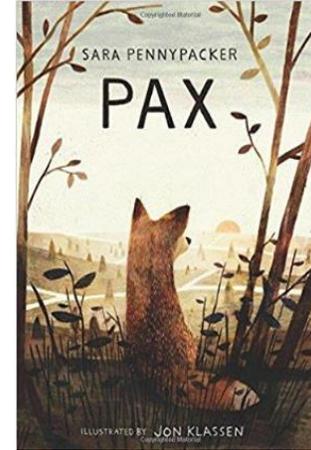
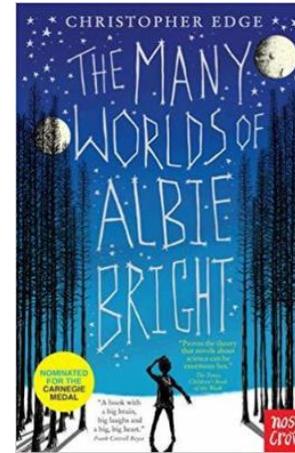
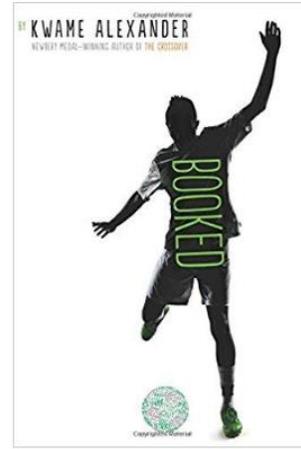
Milton Berle

The Rise Summer Holiday Ideas and Suggestions!

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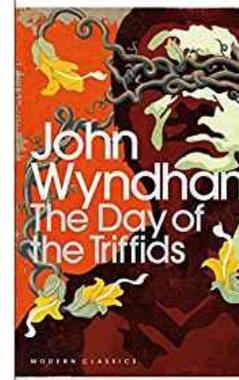
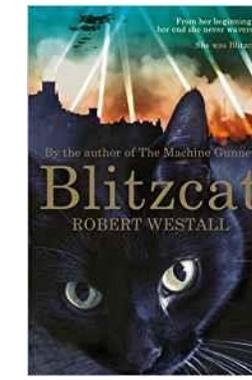
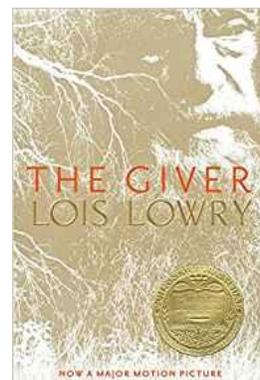
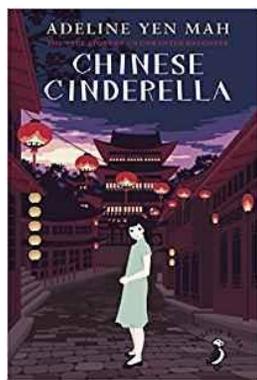
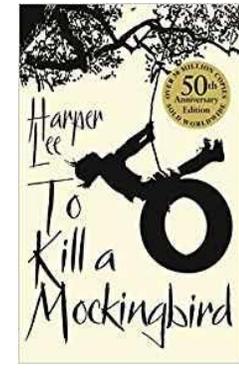
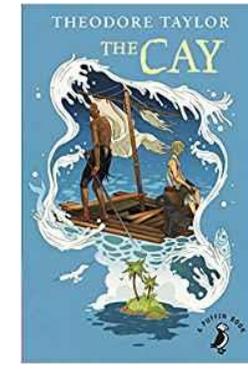
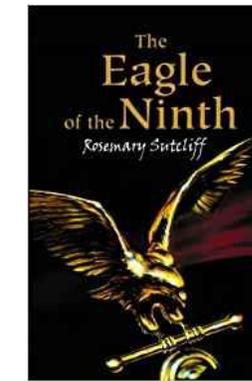
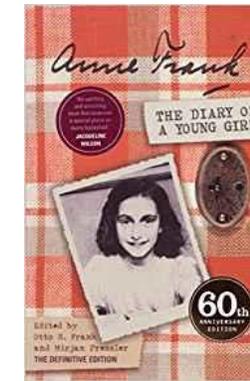
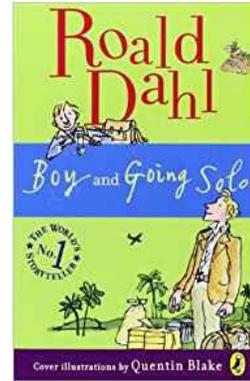
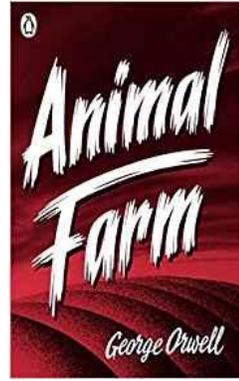
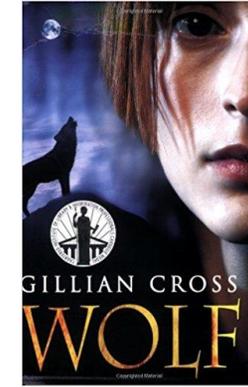
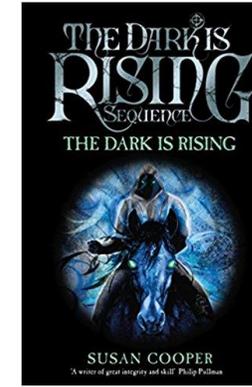
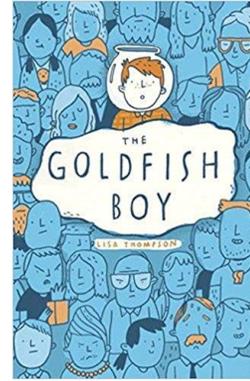
KS2 Reading List

<https://www.explorelearning.co.uk/blog/recommended-reading-lists/> (Lists for Year 1 – Year 6)



KS3 Reading List

<https://www.booktrust.org.uk/books/>
<http://www.carnegiegreenaway.org.uk/>
www.lovereadng4kids.co.uk
www.ukchildrensbooks.co.uk
www.readingmatters.co.uk
www.cool-reads.co.uk



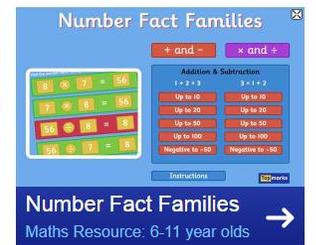
Fun Maths Ideas

www.topmarks.co.uk

www.multiplication.com

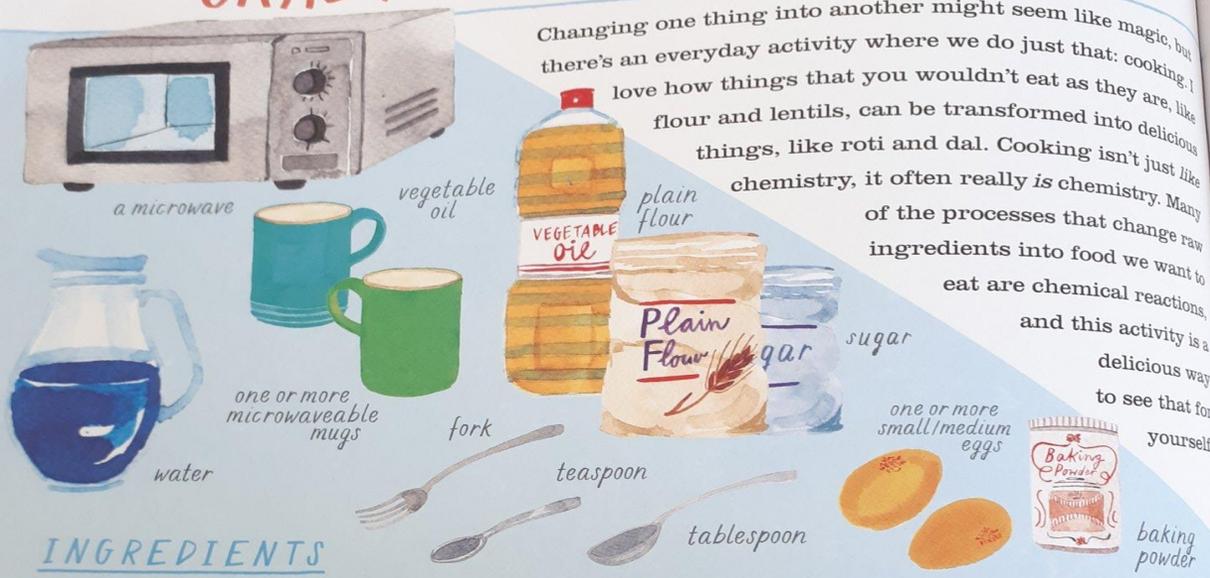
Apps to download:

- Sumdog
- Kahoot



CRAZY QUICK CUPCAKES

Changing one thing into another might seem like magic, but there's an everyday activity where we do just that: cooking. I love how things that you wouldn't eat as they are, like flour and lentils, can be transformed into delicious things, like roti and dal. Cooking isn't just like chemistry, it often really *is* chemistry. Many of the processes that change raw ingredients into food we want to eat are chemical reactions, and this activity is a delicious way to see that for yourself.



INGREDIENTS

METHOD

- Put these ingredients into a mug:
 4 tablespoons plain flour
 2 tablespoons caster sugar
 1/4 teaspoon baking powder
 1 small/medium egg
 2 tablespoons vegetable oil
 2 tablespoons water
- Stir thoroughly using a fork. Make sure there are no lumps of flour left at the bottom.

What does the batter look/feel/taste like?
 ? What do we need to do to turn this into a cake?

3 Cook the mixture in the microwave on full power for 2 minutes.

! 4 Remove and allow to cool.
 You can eat the cake straight out of the mug, but if you want to examine it closely, you can put it onto a plate.



? What does the cake look/feel/taste like now?

MICROSCOPIC MOVEMENT

We can't see atoms because they are much too small. If you took an apple and made it as big as the Earth, the atoms in it would be about as big as the original apple. Sadly, we can't do this, but we don't have to see atoms to know they exist - instead, we can observe them indirectly. This activity shows us something that is the result of the way atoms behave.



INGREDIENTS

METHOD

- 1 Before doing this activity, fill two of the glasses or jars with roughly the same amount of water. Put one in the fridge and leave one out so that it reaches room temperature.
- 2 Once you're ready to start, get one more glass and fill it with hot water from the tap, making sure you use the same amount of water as in the other glasses.
- 3 Carefully put a few drops of food colouring into the water at room temperature and see what happens.

20°C



MR SHAHA says...

Using the same amounts, and the same type of glass or jar, helps make the experiments in this activity a 'fair test'. The main difference between the cold, warm and hot water is temperature. In everyday life, knowing the temperature of something can be useful - so that we don't burn ourselves by touching something hot, for example. The scientific definition of temperature is related to the speed at which the particles in a substance are moving: the higher the temperature, the faster the particles move.



What do you think will happen if you put food colouring into the cold or hot water? Try both.

What do you think this activity might tell you about how temperature affects water particles?



Atoms in solids, liquids and gases are always moving; the more energy they have, the more they move. When we put food colouring into the hot water, it changes colour more quickly than in the cooler water because the particles are moving around faster, which means they spread the particles of food colouring around more quickly.

? Why is it important to use the same amount of water? How could you make sure you're using the same amount of water in each case?



Research Project

Hello researchers,

Your mission this summer, should you choose to accept it, is to create a research project on a **topic of your choice...**

You can use the internet, books, include opinions, pictures; your own experiments or even make it interactive!

Useful websites:

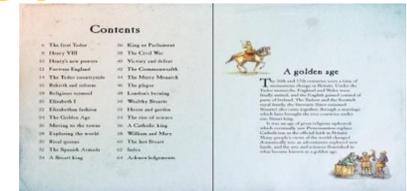
www.libraryspot.com

www.infoplease.com

www.bbc.co.uk/cbbc/topics

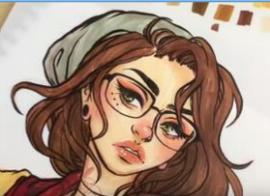
.....it could be about:

- A famous person or period of history
- A continent or country
- A natural or man-made wonder
- A famous battle or war
- Scientific discovery or rare species
- Your favourite musician or artist
- Dinosaurs, space or anything you like!



Competition ends 4th September. Please hand in your project to Lee. All projects will receive a prize and the best 3 will receive AMAZON VOUCHERS.

Arts & Crafts Ideas

How to scrap book:	https://www.youtube.com/watch?v=NUSToY5Celk	
How to draw Lego Batman:	https://www.youtube.com/watch?v=M2RqSMVEHEk	
How to make clay animals:	https://www.youtube.com/watch?v=dxuv0fv_eXk	
The Dos and Don't of drawing faces:	https://www.youtube.com/watch?v=y-hFyom8P1U	
How to draw a still-life:	https://www.youtube.com/watch?v=hb7UY160r2Q	
How to draw a 3D ladder (art tricks):	https://www.youtube.com/watch?v=OAq2X-0FbGM	
How to draw a unicorn:	https://www.youtube.com/watch?v=r6cJl89axqY	
How to use oil pastels to draw a landscape:	https://www.youtube.com/watch?v=ClpdQvSpPwo	
Marker Pen Art:	https://www.youtube.com/watch?v=IGYwnaZYyPA	
How to do a mixed media project:	https://www.youtube.com/watch?v=GRcFvyY8K6s	

Out and about: Culture!

<https://www.ceacard.co.uk/> - Get a CEA card and you can accompany your child to the cinema for free!



<https://www.sciencemuseum.org.uk/see-and-do/early-birds> - The museum opens early for families who need quieter times. Next one is Sat 14th July.

Waterman's art centre Brentford: <https://www.watermans.org.uk/whats-on/>

There are always free exhibitions at the Tate Modern and Tate Britain: <http://www.tate.org.uk/visit/tate-modern>

Workshops for 8-14 year olds at the Tate Modern: <http://www.tate.org.uk/whats-on/tate-modern/workshop/8-14-studio>



Free exhibition at the National Portrait Gallery: <https://www.npg.org.uk/whatson/bp-portrait-award-2018/exhibition/>

1 day, 3 day, and evening exhibitions for 14-21 year olds: <https://www.npg.org.uk/whatson/exhibitions/bp-portrait-award-next-generation/next-gen-whats-on/>

V&A: <https://www.vam.ac.uk/info/family-art-fun>

Out and about: Active

[Outdoor gym equipment](#): Hanworth, Hillingdon, Hounslow, Ealing, Feltham – they're all over!

<https://liquidleisure.com> (children need to be able to swim)

<https://www.jumpgiants.com/locations/west-London>

<https://www.dinosaurescape.co.uk> Crazy Golf

<https://www.bockettsfarm.co.uk>

<http://www.parkrun.org.uk> (You can sign up, turn up, walk or run, then have a picnic!)

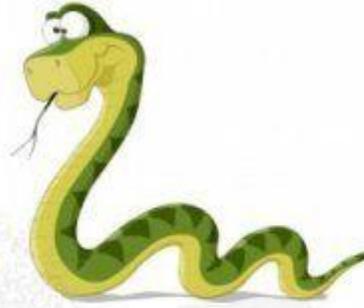


Make an

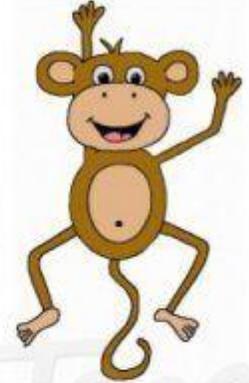
Animal, letter, shape, group etc.

- Teacher calls out a and children make their bodies into that shape/move like that animal ...
- Variations can be based on group ..
Be creative
- Adults to demonstrate WAGOLL
- White board to be used for visual support

slither like
a snake



swing like
a monkey



chomp like
a crocodile



stand like
a flamingo





Traffic Lights ..

Resources = 0

Increase/Decrease demand dependant on group

Write out commands on board as a visual support

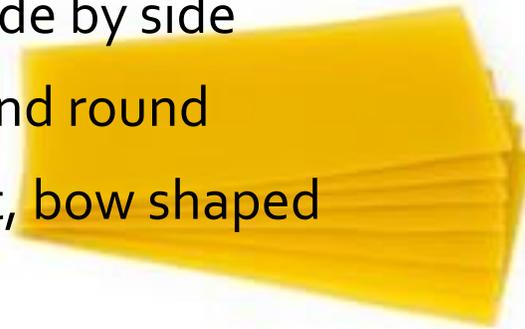
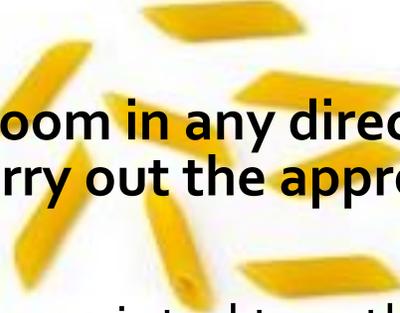
Teacher calls out the following commands:

- **Red** - Stop
- **Yellow** - Run on the spot
- **Green** - Run around the area
- **Roundabout** - turn round once
- **Motorway** - sprint (leave until a bit later in the warm-up)
- **Speed bump** - jump and carry on
- **Bridge** - everyone walks around hunched over / low to the ground
- **Traffic Jam** - walk or slowly jog
- **Right or Left** - pupils change direction
- **Reverse Parking** - walk backwards
- **Breakdown** - lie down until rescued

Pasta PE

The pupils should begin by walking around the room in any direction. On the various commands listed, they should carry out the appropriate action:

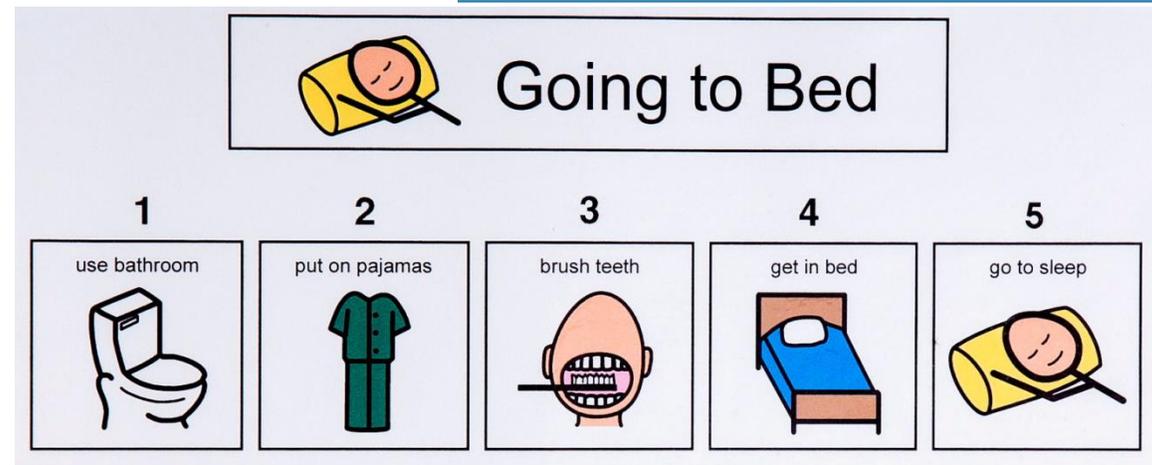
- spaghetti - walk round the room tall and thin arms pointed together
- tagliatelli - walk round the room arms pointed side by side
- pasta twist - walk round the hall turning round and round
- pasta bow - walk round with legs and arms apart, bow shaped
- lasagne - lie flat on the floor
- macaroni - make a circle with arms
- spaghetti hoops - make a 'hoop' in a small group holding hands
- cannelloni - roll on the floor
- ravioli - stand back to back with a partner.



Cool down .. “Getting ready for bed”.

- This involves a lot of stretching as we mime removing clothes, hugging teddy bears, etc. It ends with children lying on the floor 'asleep'. Everything is done on the slowly and on the spot
- Adults to work with students to write out routine on the board
- Provide a running commentary whilst doing the actions and you can make it as fun as you like with as many actions as necessary to cool down pupils
- Adults to show students a WAGGOL

Resources you will need ...
- Floor spots



Recipe Ideas

Bolognese Sauce with Pasta

Butter Biscuits

Frozen Fruit Smoothies

Ham, Mustard and Cheese Toastie

Vegetable and Halloumi kebabs



BOLOGNESE SAUCE WITH PASTA

serves 6

The classic pastas to serve this with are spaghetti, tagliatelle and penne, but this sauce can also be used for many other things, like filling cannelloni or layering up a lasagne. With so many options, it's well worth bagging up any leftover sauce and freezing it for another day.

- 2 rashers of smoked streaky bacon, the best quality you can afford
- 2 medium onions
- 2 cloves of garlic
- 2 carrots
- 2 sticks of celery
- olive oil
- 2 heaped teaspoons dried oregano
- 500g good-quality minced beef, pork, or (even better!) a mixture of the two
- 2 x 400g tins of chopped tomatoes
- sea salt and freshly ground black pepper
- a small bunch of fresh basil
- 100g Parmesan cheese
- 400-500g dried spaghetti or penne

To make your sauce

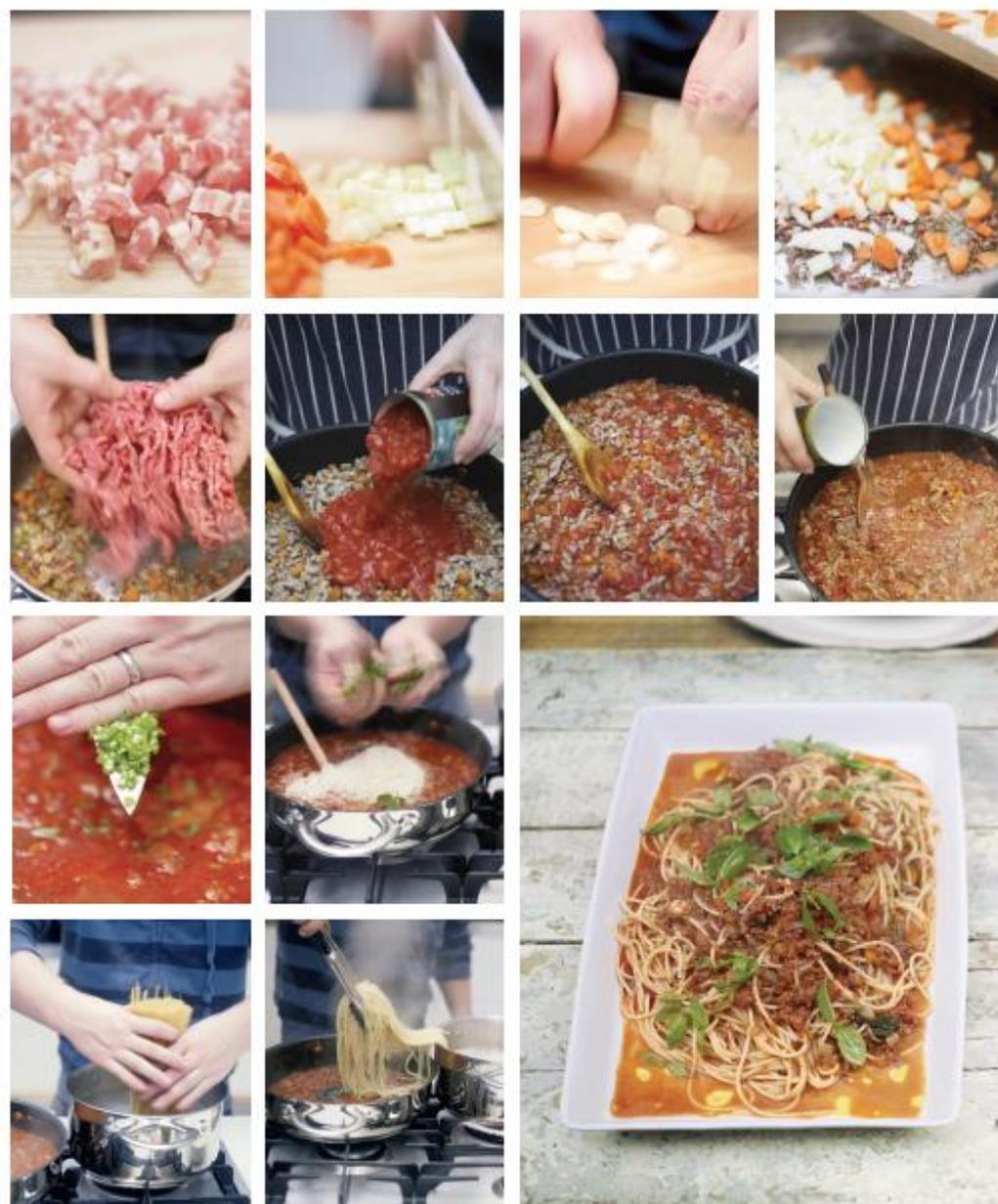
Finely slice the bacon • Peel and finely chop the onions, garlic, carrots and celery – don't worry about technique, just chop away until fine • Place a large pan on a medium to high heat • Add 2 lugs of olive oil, your sliced bacon and the oregano and cook and stir until the bacon is lightly golden • Add the veg to the pan and stir every 30 seconds for around 7 minutes or until softened and lightly coloured • Stir in the minced meat breaking it up with your spoon and brown • Add the tinned tomatoes • Fill one of the empty tins with water and add to the pan • Stir in a good pinch of salt and pepper • Pick the basil leaves and place in the fridge for later • Finely chop the basil stalks and stir into the pan • Bring to the boil • Turn the heat down and simmer with a lid on and slightly askew for 1 hour, stirring every now and again • Take the lid off and cook for another 30 minutes, stirring occasionally • Keep an eye on the sauce as it cooks, and if you think it's starting to dry out, add a splash of water • Remove the Bolognese sauce from the heat • Finely grate the Parmesan and stir half into the sauce • Tear and stir in any larger basil leaves, keeping the smaller ones for sprinkling over before serving • Mix up, have a taste, and season with a little more salt and pepper if needed – congratulations! You now have a beautiful Bolognese sauce • At this stage you can allow it to cool, bag it up and freeze it, or keep it warm while you cook your pasta

To cook your pasta and serve

Bring a large pan of salted water to the boil • Add your pasta and stir, following the packet cooking times – don't let it cook any longer or it will become too soft – you want it to have a bit of bite • Saving a little of the cooking water, drain the pasta in a colander • Put the drained pasta back into the pan • Add half the Bolognese sauce to the cooked pasta and mix well, adding a little of the reserved cooking water to loosen • Divide between your plates and spoon the remaining sauce over the top • Drizzle with olive oil, sprinkle over the rest of the Parmesan and scatter with the small basil leaves – bellissima!

JAMIESHOMECOOKINGSKILLS.COM

Recipe © Jamie Oliver. Photography © David Loftus / Matt Russell / Andrew Burton.





LEMON BUTTER BISCUITS makes 18 to 20 biscuits

- 125g butter, at room temperature
- 100g caster sugar
- 1 large egg, preferably free-range or organic
- 200g plain flour, plus extra for dusting
- ¼ teaspoon baking powder
- a pinch of sea salt
- 2 lemons
- 3 tablespoons demerara sugar

To make your biscuit dough

Use an electric mixer to beat the butter and caster sugar together in a bowl until creamy • Crack in the egg, then beat again until the mixture is light and fluffy • Add the flour, baking powder and salt to the bowl • Finely grate in the zest of the lemons, then cut them in half and squeeze in all of the juice • Mix with a wooden spoon until the dough comes together – don't be worried if the dough still seems quite wet at this stage, it will really firm up in the fridge • Cover the bowl with clingfilm and place in the fridge for 2 hours, or until firm

To bake your biscuits

Preheat your oven to 180°C/350°F/gas 4 • Line a large baking tray with greaseproof paper • Lightly dust a work surface and your rolling pin with flour • Roll out the dough until ½cm thick • Use cookie cutters to cut out shapes, then place them on your lined tray • Sprinkle with demerara sugar and bake for around 12 minutes until the edges are light brown • Transfer to a wire rack to cool





HAM, MUSTARD AND RED LEICESTER CHEESE TOASTIE

serves 1

- 2 slices of freshly-cut bread
- olive oil
- English mustard, for spreading
- 30g red Leicester cheese
- 2 slices of ham, the best quality you can afford

To make your toastie

Preheat a frying or griddle pan on a medium heat or turn your toasted sandwich maker on to heat up • Lay out your slices of bread and drizzle one side of each slice with a little olive oil • Flip both pieces of bread over and spread very lightly with mustard, making sure you spread right to the edges • Slice the cheese about the thickness of a pound coin, and lay over one slice of bread (on top of the mustard) so they cover it • Lay over the slices of ham and top with the other slice of bread • If using a pan, add the sandwich and press down with your fingers or a fish slice to compact it • Toast for a couple of minutes, then lift the bread up with a fish slice to check it's golden brown on the bottom • When it's looking good, flip over and cook for another couple of minutes until golden on both sides and the cheese is all gooey • If using a toasted sandwich maker, add your sandwich, clamp the lid shut and toast until golden • Transfer to a chopping board, cut in half and serve





FROZEN FRUIT SMOOTHIES makes 2 glasses

Smoothies are not only deliciously tasty but they're also perfect to have for breakfast as they're full of goodness. Adding oats and nuts to them is great, because it helps slow down the absorption of the sugar from the fruit into your bloodstream, which gives you more energy for longer. The great thing about frozen fruit is that it's been picked at its best, at the right time, and hasn't been forced to grow out of season, like so much of the 'fresh' fruit on offer to us these days. It's also cheaper and far more convenient – it will keep happily in your freezer for months on end, so any time you fancy a smoothie, you can have one!

These smoothies are best made in a liquidizer, as opposed to a food processor, as this will give your smoothies a lovely silky texture. And feel free to use any fruit you like, either one type or a mixture. Raspberries are really tasty and you can use them here, but I tend to stay away from them because of the seeds.

- 1 ripe banana
- 1 glass of frozen fruit of your choice: mango, blackcurrants or strawberries
- 2 heaped tablespoons natural yoghurt
- 1 small handful of mixed unsalted nuts
- 1 small handful of oats
- 1 glass of soya milk, skimmed milk or apple juice
- optional: runny honey, to taste

To make your smoothie

Peel and slice your banana and put it into a liquidizer with your frozen fruit and the yoghurt • Whiz it up and add the nuts and oats • Add the soya milk, skimmed milk or apple juice and whiz again, until nice and smooth • If it's a bit too thick for you, just add a splash more milk or juice and whiz around again • Give it a good stir, then have a taste • Rarely with a frozen fruit smoothie should you need to sweeten it, but if you think it needs a bit of extra sweetness you can add a little honey to taste – you won't need much





VEGETABLE AND HALLOUMI KEBABS

serves 2 to 4

- 250g halloumi cheese
- 1 red pepper
- 1 courgette
- a small bunch of fresh mint
- 1 fresh red chilli
- 1 lemon
- 2 tablespoons olive oil
- sea salt and freshly ground black pepper
- a handful of cherry tomatoes

To prepare your kebabs

Put 6 wooden skewers in a tray of cold water to soak • If barbecuing, light the barbecue now so the flames have died down and it's ready when you come to cook (for further advice see the *Setting up a barbecue*, *Barbecue cooking guide* and *Barbecue safety guide* fact sheets) • Cut the halloumi into 2cm cubes • Deseed the pepper and chop into 2cm chunks • Put the halloumi, pepper and tomatoes into a large bowl • Use a speed peeler to peel the courgette into in long ribbons, then add to the bowl • Pick and finely chop the mint leaves, discard the stalks • Deseed and finely chop the chilli • Add both to the bowl then finely grate in the zest of the lemon • Add the olive oil and season with salt and pepper • Mix well to coat

To cook and serve your kebabs

If using a griddle pan, put it on a high heat now to get screaming hot • Skewer up the halloumi, cherry tomatoes and pepper pieces, alternating with folded ribbons of courgette • Cook on the griddle pan or the hot side of the barbecue for 5 or 6 minutes on each side, until golden and cooked through • If you like, you can brush any leftover marinade over the kebabs as they cook • Serve with a fresh green salad and flatbreads



