

News From the Cape

"Hello Yellow" Day Announcement

This World Mental Health Day, Monday 10th October, thousands across the country are coming together to say #HelloYellow.

Join us on to show young people that how they feel matters, and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

To take part, on Monday 10th October, simply wear yellow to college (*optional*)!

We will also be running various activities throughout the day at College.

#HelloYellow



Welcome to the 4th edition of the College Newsletter.

As usual I have seen plenty of interesting activities happening around the college in the last week, and have recently noticed an influx of rare and exotic life-forms.

But that's enough about the staff.

It was also great to hear about how many parents were able to come to the coffee morning on Saturday the 1st October, and how pleased and happy everyone was with the College and their children. Unfortunately the Cape wasn't able to make an appearance due to some knackered brake-pads and illegal tyre treads, but will endeavour to have rectified the problem by the time of the next coffee morning.

Have a great week everyone and don't forget "Hello Yellow" Day on Monday (10th), hopefully wearing some fetching yellow, to raise awareness of Mental Health Day.

We also started filming an anti-bullying video last week which detailed how people feel when they are bullied and the possible effects on the person, which we have continued to film this week with plenty of learner help which was great to see.

Editor: Jack Cunningham

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Made this week: in the Inclusion Kitchen

Brioche Burger Buns

Ingredients

200ml whole milk , plus extra for brushing
50g unsalted butter
500g plain flour , plus extra for dusting
1 tbsp caster sugar
7g sachet fast-action dried yeast
1 egg , beaten
sesame seeds (optional)



Caramel & White Chocolate, Brownies

STEP 1

Put the milk, butter and 100ml water in a pan and gently heat until the butter is melted. Set aside to cool until just warm.

STEP 2

Tip the flour, sugar, yeast and 1 tsp salt into a large bowl and gradually work in the milk mixture, then the egg, until you have a smooth dough. Tip the dough onto a floured surface or into a stand mixer fitted with a dough hook and knead until elastic and shiny. Divide into 12 (about 80g each) pieces and roll into tight balls. Transfer to baking trays lined with baking parchment, leaving plenty of space between them, and put in a warm place to prove for 30-45 mins.

STEP 3

Heat oven to 200C/180C fan/gas 6. Press the rolls down gently using your hands, then brush over some milk and scatter over the sesame seeds, if you like (or, dust with some flour). Bake for 10-12 mins until risen and lightly golden. Leave to cool completely, then serve. Make up to two days ahead and keep in an airtight container.

Beef Burgers, With Brioche Buns



Credit: Brandon

Quotes of the week

Don't do drugs

- EG

Nothing is impossible, the word itself says "I'm possible."

- TE

One day I will find the right words, and they will be simple

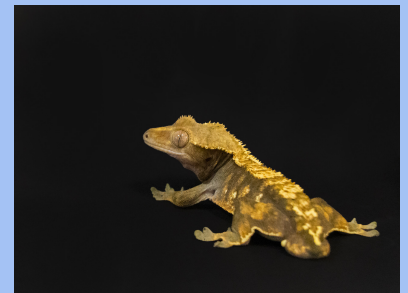
- Jack Kerouac (GA)

New At Inclusion: Reptile Invasion.

Geckos have been sighted entering the art room on Friday.

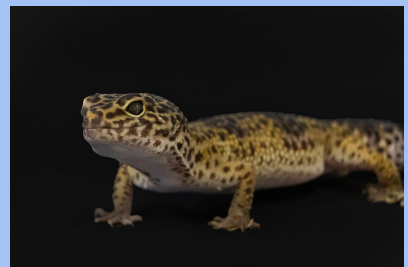
Intelligence reports their names to be Gibbs and Carlos.

This is the information that has been gathered so far:



Gibbs:

- Is a Crested Gecko
- Is missing a tail
- Requires a climate of 25°C
- Name inspired by NCIS
- Is a talented Jumper



Carlos:

- Is a Leopard Gecko
- Was underweight - is bulking up
- Requires a climate of 30°C
- Name is original

Credit: Anonymous

Editor: Jack Cunningham

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Interview With Marie: Sighting of a new reptile



Why a tortoise?

Because I like to have interesting pets a little bit different from the norm, like praying mantises, a bearded dragon, black beauty stick insect and always wanted a tortoise.

I think having the animals here at college is very important and I think it gives people plenty of different experiences and it can be very soothing having a praying mantis on your head or a tortoise on your lap.

Could I ask what the tortoise's name is?
Verne, taken from the film Over the Hedge

Do you know how old Verne is?
He's 4. The average lifespan of tortoises is between 50 to 100 years.

Do you know where tortoises are from? Can they be bred in England?
Yes, Verne was brought up from birth by another family.

Do you envisage purchasing any more exotic pets?
Definitely! Never say never! I'm after an orchid Praying Mantis.

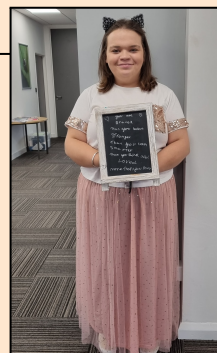
Credit: Michael (Interviewer), Marie (Interviewee)



"I think this outfit can be worn to a family outing such as a Sunday lunch"

-Tabs

You Are:
Braver
Than you believe
Stronger
Than you Seem
Smarter
Than you think
and
Loved
More than you know
-Tabs



Song Submissions

Cracker Island - Gorillaz -Anon

New Gold - Gorillaz - Anon-

Empty - Juice Wrld - SD

Staying the Night - Talia Omar

Through the Late Night - Travis Scott

Anything by Lil'Mix - CH

Stephanie Says - The Velvet Underground - Anon

Opening Out - Renaissance - Anon

Thanks for all the question submissions last week.

We will be including them in future editions.

Next week's Questions:
If you could do anything as a job what would it be?

- Submitted by: AE

Editor: Jack Cunningham

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