

# Llantilio Pertholey Church in Wales Primary

## The Cookalong Clwb

We are very excited once again to be able to invite our children and their adults to join an online cooking club.

The Cookalong Clwb is about empowering children with kitchen confidence and essential life skills. Reducing food waste and maximising food taste are essential at this time. The Cookalong Clwb is a lot of fun and can really benefit all children including those children that struggle in education or with confidence.

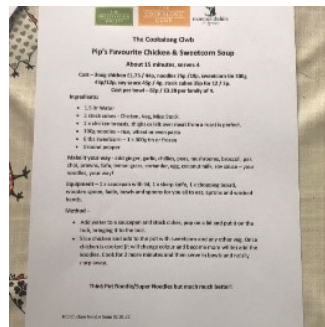
We have space for 12 families to be included in the *online club*. Children will cook the meal in real time with everyone else in the club. The Cookalong Clwb will run for 6 weeks on Wednesdays from 4pm - 5pm, starting on 21st February until 20th March.

**Aprons, cooking utensils and menu cards are supplied for the children to use and keep. The children love having their own grater, mixing bowl, rolling pin and knife! *All of the ingredients to make a meal for the whole family are supplied too (free of charge) each week.* So, mums, dads and carers, you can have a night off cooking every week!**

**30th Jan  
2024**

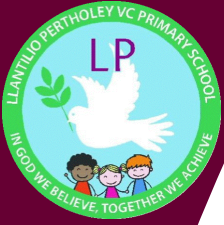
Follow [us](#) on  
TWITTER

**CLICK HERE**



Contact us: 01873 853746

email: [llantiliopertholeyprimary@monmouthshire.gov.uk](mailto:llantiliopertholeyprimary@monmouthshire.gov.uk)



A previous meal cooked by some of our pupils:

**Chicken & Sweetcorn Noodle Soup** was on the menu for the first week.

*We boiled water with a stock cube, chopped uncooked chicken and added it to the pan with some sweetcorn from a tin and noodles. It took 5 minutes and we seasoned it with whatever we wanted.*

*We talked about using left over chicken, pork, beef from a roast, dried noodles are a lot cheaper, using mushrooms, using frozen sweetcorn and peas from your freezer instead as cheaper than tins. Lots of options. Make them your way!*



If you would like to take part in this club, please contact the main school office.

***This will be on a first come, first served basis.***

Cofion gorau,

(Headteacher)



***Our School Vision:***

***Llantilio Pertholey Primary School will provide an inclusive, supportive and nurturing learning environment to meet the needs of all of our children in a changing world.***

Contact us: 01873 853746

email: [llantiliopertholeyprimary@monmouthshire.gov.uk](mailto:llantiliopertholeyprimary@monmouthshire.gov.uk)