

# I'M A PARENT, GET ME OUT OF HERE!

THE WEEKLY SCHOOL CLOSURE NEWSLETTER FOR PARENTS/CARERS OF CHILDREN/YOUNG PEOPLE WITH AUTISM

## CORONA FREE ZONE

This week we have kicked out Corona to take a break, focus on ourselves and try something new. This week, members of the Autism Advisory Teacher Service recommend something new that they have tried during the lockdown.

### ROB'S RECIPE



#### Super Simple Traditional Italian Flatbreads

This recipe was sent to me by our friends, the Salvatelli family, from northern Italy. They have been in lockdown for 7 weeks and this has become a lunchtime favourite for the kids.

#### Ingredients:

500g flour, 100ml oil, 100ml warm water, a pinch of Salt, Half a teaspoon of baking soda, Milk (what it takes to have a soft but not sticky dough)

#### Steps:

Prepare the dough by mixing the dry ingredients in a bowl and then adding the oil and water. knead into a dough and add a little milk as required. Keep kneading! when you have a soft but not sticky dough leave it to rest for 5-10 minutes.

Divide the dough into parts of 70-100g. Roll the dough until 2-3 mm. Cook in a very warm flat pan (2-3 minutes). Fill/stuff with cheese, ham, rocket, cream cheese, salmon. Or British style with bacon, egg, mushrooms and beans. Or make a sweet version with chocolate cream or jam/marmalade.

### MEGAN'S BOOK

The Olive Garden Choir

*Leah Fleming*



This is a gentle, relaxing read providing a lovely bit of escapism. It transports you into a community of English ex-pats living on a Greek Island who are encouraged by a retired bookseller to start a choir.

The characters are very relatable to and I found their personal struggles and support they offer to each other uplifting. It is a story of hope, how life can begin again once you leave the past behind.

### CLAIRE'S TV SHOW

I curled up on Sunday night flicking through channels and came across Van der Valk on ITV, two hours later I was still there having tried to guess who had done it. Yes, it's another 'who dun it' but it's gentler than many others. Set in Amsterdam it was nice to visit and see another country without the hassle of travelling there. Another programme I have been dipping into is Jamie Oliver's 'Keep Cooking and Carry on' on Channel 4. For years I have substituted ingredients in recipes but here is my permission to do it and none of my family can complain! Many of the recipes are very simple and it's useful to have meal ideas which are easy to make. Watching it as a family also means that my teenagers are more willing to take a turn at cooking which is a real bonus, even if they don't wash up!



# LISA'S UPCYCLING GUIDE

Lisa has been busy taking up a new hobby during the lockdown and has found a way to breathe new life into some of her furniture. Here is Lisa's quick guide to upcycling furniture.



1. Wipe the furniture all over with a damp cloth to remove any dust.

2. Sand the tops of the furniture with an electric sander or sandpaper. This will remove any wax or varnish and give the wood a lighter colour.



3. Masking tape around the edges that you don't want to paint to get a clean edge

4. Pour a small amount of the paint into a separate container and use a little at a time as it tends to dry quickly and can get lumpy.

5. Vital step.....Put on some music of your choice!

6. Paint away and enjoy the process. Take your time applying a thin coat, a little goes a long way.

7. Add a second coat. This makes all the difference and really changes the final look.

8. Once it's all dry, you can use a clear wood coat for the tops of the furniture.



## Parent Top Tips

In this section we want to share your tips and advice. Have you got a great activity? Found a brilliant resource? We'd like to hear about it! Please share your top tips at:

[SENandInclusion@Peterborough.gov.uk](mailto:SENandInclusion@Peterborough.gov.uk)

We have had some lovely feedback about our weekly newsletters. We'd love to hear from you so please drop us a line.

"The weekly newsletters have been really useful".  
(Parent – NPA)

"Thank you for all the useful information you are posting on the Local Offer, it has been great for signposting parents to. They have been very appreciative."  
(SENDCo)

"Thanks for the weekly newsletters, parents appreciate the regular contact."  
(SENDCo)

**Check out our other weekly newsletters:**

**Cosy Crew** – A newsletter for Primary Aged Children with Autism.

**Lockdown Lift Up** – A newsletter for teenagers and young people with Autism.

Available from our [Local Offer Page](#) each week.

## Boredom Bashers

### Resource:

BBC bitesize is online and on app stores. It is a learning resource that now has daily lessons for pupils of all ages and it is completely free to access.



### Activity:



This activity involves threading penne pasta onto uncooked spaghetti. Very few resources, makes very little mess, is easy to set up and kept him entertained for half an hour or so.

### Something for me:

The Breathe app is available on android and IOS devices. It offers a range of mindfulness activities including meditations. A good way to begin your mindfulness journey.

