



*Saint Joseph's*  
CATHOLIC SCHOOL

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**A booklet of activities & recipes**

# **Just For Fun!**

**For students in Year 8**

ST JOSEPH'S CATHOLIC SCHOOL  
CHURCH ROAD  
LAVERSTOCK  
SALISBURY  
SP1 1QY



## Food

### Recipes to make:

- Spaghetti Bolognese
- Red Onion Focaccia
- Carrot Cake
- Moroccan Lamb with Couscous
- Vegetable Pasta Bake
- Gingerbread Cookies



## Textiles

### Instructions to make:

- Pillowcase Dress
- Patchwork
- Yoyo Doilies
- Bunting



## Graphics

### Instructions to make:

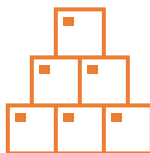
- Book Sculpture
- 3D Colouring
- Pop-out Card
- Isometric Text



## Product Design

### Instructions to make:

- Paper Windmills
- String Lampshades
- A Nest Box
- Plaster Candle Holders





## Ingredients

- 2 tbsp olive oil
- 400g beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g carrot, grated
- 2x 400g tin chopped tomatoes
- 400ml stock
- 400g dried spaghetti
- Salt and pepper



## Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5–6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.

3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.





## Ingredients

- 450g strong white flour
- 1 tsp salt
- 7g sachet easy blend yeast
- 110ml olive oil
- 5–6 sprigs thyme
- 4 small red onions, each peeled and cut into 8 wedges



## Method

1. Mix the flour, salt, and yeast in a large mixing bowl, either by hand or using a tabletop mixer.
2. Add half the oil and 300ml warm water, plus the leaves from the thyme.
3. Mix with a spoon to a very soft dough, then knead with the dough hook for 3 minutes. (If you knead by hand, it will take at least 10 minutes. The dough will seem impossibly soft but persevere and use a dough scraper to bring the sticky mass together. Eventually it will become smooth and cogent.)
4. Oil a baking tin roughly 30x18cm and spread the dough out in the tin, pressing it down evenly. Cover with a tea towel and leave to rise for an hour and a half, until doubled in size. Meanwhile, preheat the oven to 200C/400F/gas mark 6.

5. With your fingertips, press down into the pillowy dough to make dimples all over.
6. Toss the onions in 1 tbsp of oil and drizzle the rest over the focaccia, letting it run into the dimples.
7. Arrange the onions over the top and sprinkle with salt.
8. Bake for 25 minutes, until golden and cooked through.
9. Cool in the tin, covered with a tea towel (this keeps it soft).
10. Remove from the oven and allow to cool.



## Ingredients

- 250g caster sugar
- 225ml sunflower oil or any light oil
- 3 eggs
- 175g plain flour
- 1tsp baking powder
- Cinnamon
- Ground cloves
- 225g grated carrot
- 100g walnuts and/or sultanas (optional)



## Method

1. Line and grease a swiss roll tin
2. Put sugar into a large bowl
3. Stir in oil and beat with a spoon
4. Add eggs one at a time beat until smooth
5. Add the flour gradually beating all the time
6. Add the spices
7. Add the grated carrot and nuts /sultanas
8. Place in prepared tin (mixture will be runny)
9. Bake in oven 20mins 160oc gas mark 6

### **Cream cheese frosting**

Beat together 75g cream cheese with 3 tablespoons icing sugar. When cake is cool, spread on top, and decorate with a little grated carrot or chopped nuts



# Moroccan Lamb with Couscous

## Ingredients

- 1 medium red onion
- 3 ripe tomatoes
- A small bunch of fresh parsley
- 1 fresh red chilli
- 8 dried apricots
- Ground cumin
- A small handful of pine nuts
- 1 400g tin of chickpeas
- 200g couscous
- 1 lemon
- 1 tablespoon balsamic vinegar
- 250g lamb neck fillet
- Natural yoghurt or sour cream to serve



## Method

1. Peel and finely chop the onion and chop the tomatoes into chunks. Roughly chop the parsley and stalks, finely chop the chilli, and finely slice the apricots.
2. Put the pan on a high heat and add a lug of olive oil. Add onions, chilli, apricots and cook until onions soften slightly.

3. Add 2 teaspoons of cumin, pinch of salt and pepper and the pine nuts and stir. Add tomatoes, most of the parsley and the chickpeas with all the juices and an extra 50ml of water and leave the sauce to bubble away for about 5 mins.
4. While the sauce is simmering, put the couscous into a bowl and pour in just enough boiling water to cover. Add a pinch of salt and pepper, a good squeeze of lemon and a drizzle of olive oil, then cover with foil and leave for 5 to 8 mins.
5. Go back to the sauce and use a spoon to mash it up a bit. When it looks quite saucy add a pinch more salt and pepper and the balsamic vinegar.
6. Put a second pan on a high heat and let it get really hot. Cut the lamb into 2.5cm pieces. Sprinkle chopping board with cumin and salt and pepper. Move the meat around the board to coat it in the seasoning and push the meat down with hands to flatten the pieces. Add a few lugs of olive oil and lamb to hot pan. Cook for about 2 to 3 mins on each side.
7. Uncover the couscous, fluff it up a bit with a fork and put onto plates. Put a few lamb pieces next to it with a nice amount of sauce.
8. Sprinkle with remaining parsley, a dollop of yoghurt or sour cream, a drizzle of olive oil and any meat juices from the pan.

## Ingredients

- 1 onion
- 1 pepper – green or red
- 100g mushrooms
- ½ aubergine (optional)
- 1 courgette
- 400g tomatoes
- 3 tbsp olive oil
- 300ml milk
- 50g margarine or butter
- 50g plain flour
- 100g grated cheese
- 400g pasta



## Method

1. Chop and shallow fry the vegetables to until they are soft.
2. Cook the pasta.
3. Melt the butter in a small pan. Add the flour and stir for 1 minute. Add the milk slowly and stir until the sauce has thickened and then add the cheese and maybe some mustard.
4. Mix the pasta and vegetables in a baking tray.
5. Cover with the sauce and sprinkle with cheese.
6. Bake for 20 minutes at 180c.





## Ingredients

- 650g self-raising flour, plus extra to dust
- 3 tsp ground ginger
- 3 tsp ground cinnamon
- 175g butter, cut into cubes
- 225g brown sugar
- 175g black treacle
- 2 eggs, beaten



## Method

1. Place the flour, ginger, cinnamon and butter in a food processor and pulse until they resemble breadcrumbs (do this in two batches if the bowl is small).
2. Combine the sugar, treacle, and egg in a large mixing bowl. Tip in the flour mix and stir, then bring the dough together with your hands.
3. Turn onto a lightly floured surface and knead until smooth.
4. Cover and chill for at least 1 hr.
5. Heat oven to 180C/fan 160C/gas 4.
6. Line three baking sheets with non-stick paper.
7. Shape the dough into cookies. You could roll it out and use a cookie cutter.
8. Lift them onto the baking sheets.
9. Bake for 12 mins or until just firm.
10. Leave to firm up for 5 mins, then transfer to a wire rack to cool.



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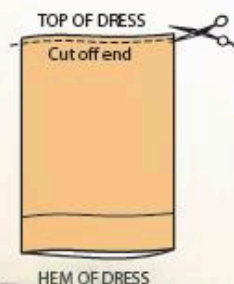
# Textiles – Just for Fun! Pillowcase Dress

## Pillow Case Dress Instructions

*"We're not just sending dresses, we're sending hope!"*

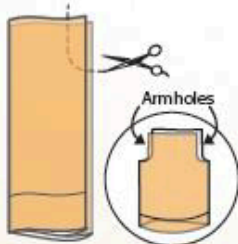
1

Cut off the sewn end of the pillowcase.



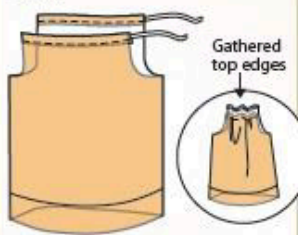
2

Fold pillowcase in half and cut armholes. Cut through all thicknesses, about 4 inches down and 2 inches in.



3

Fold down the top about 3/8" at the front and the back. Edgestitch to make a casing. Slide 6 inches of 1/4" elastic through to cause it to gather in the front and repeat for the back.



4

Cut two 38-inch lengths of double-fold bias tape for armholes. Fold each in half and stitch along armholes, leaving extra at the top to tie dress at the shoulders. Trim is optional.



Simple patterns  
**CHANGING LIVES**

*Donations and finished dresses can be sent to:*

**Little Dresses for Africa**

**24614 Curtis Drive**

**Brownstown, MI 48134**

**734-637-9064**

Thank you for your help with Little Dresses for Africa.  
Together, we can make a difference...one little dress at a time.

**Mulungu akudalitseni!**

*God bless your good works!*

**Sizing the dresses  
really helps!**

- Small: Infant, ages 2 to 4
- Medium: ages 5 to 7
- Large: ages 8 to 10
- X-Large: age 11 and up

Shorts for boys any size are needed.

Also, any simple pattern is fine to use. Avoid buttons and zippers except as decoration since the children have no way to repair them.

Illustrations by Martha Thierry/Detroit Free Press



**[www.littledressesforafrica.org](http://www.littledressesforafrica.org)**



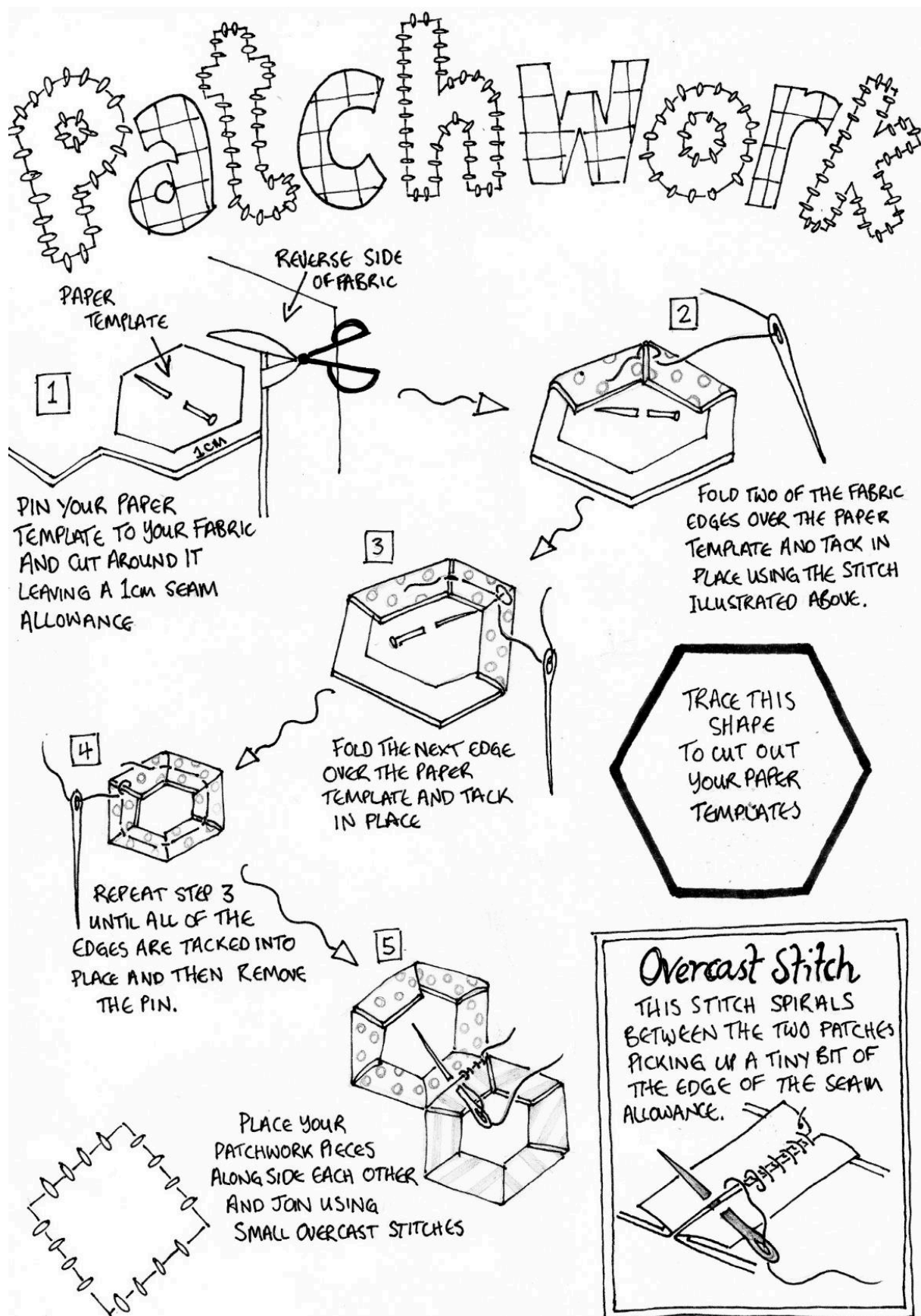
For more information on how to get involved, please contact Rachel O'Neill at 734-637-9064.





# Textiles – Just for Fun!

## Patchwork





## Patchwork Examples





# Textiles – Just for Fun!

## Yoyo Doilies



### You will need:

Cotton Fabric, Fabric Shears, Needle, Thread, Buttons, Paper, Chalk



Cut out circles of fabric at least 10cm in diameter. Use chalk and a paper template to ensure accuracy.



Sew along the outer edge of the circle using a running stitch. Try to keep your stitches about 0.5cm in length.



Pull on both ends of the thread so that the fabric gathers as shown (image to the left) and tie the ends together.



Place 2 buttons on top of each other and sew them onto the centre of your doily.

**Why not try using your doilies to decorate a cushion, hairband, bag, or your pencil case? You could even attach them to kirby grip or a safety pin to make a broach.**



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# Textiles – Just for Fun! Bunting

## Supplies

- Fabric
- 3m ribbon – approx 2–3cm wide
- Fabric Shears
- Pins
- Thread
- Sewing Machine  
(straight stitch length 2.5)



## Method

### Stage 1 – Cutting out your bunting

Lay fabric out with any patterns facing up. Lay your pattern pieces onto the fabric as instructed. Cut as many flags as you would like to. I made 6 flags so cut 12 pieces of fabric out.



### Stage 2 – Preparing your pieces ready for sewing

Place your first piece of fabric on the table with the right side facing up at you. Lay on a second piece face down so the right sides are together and pin along the two long sides. There is a dotted line drawn across the point of the pattern piece. When your pieces are pinned together, place a pin along this line on the point as a reference for when to stop and pivot. This will help you to sew



the flag accurately with a 1cm seam allowance on both sides. Sew a 1cm seam allowance along the two long edges to make a 'v' shape, making sure to not sew the top closed as you'll need to turn them through!

### Stage 3 – Preparing your bunting flags

Trim the excess fabric off at the point to reduce the fullness. Turn the flags the right way round and carefully poke the point through with small scissors. Iron the flags so that they are all flat and neat. Trim any excess off the top so that you have a neat straight line.



### Stage 4 – Pinning your flags onto the grosgrain

Allowing a long length for the tie on one end, place your first flag onto the grosgrain so that it sits just under halfway down from the top. Pin in place. Measure 10cm along and place the next flag in position. Repeat for the rest of the flags.



Leave a long length at the other end also for the tie.

You can either tack the flags on at this stage, or sew them on using a long stitch length which will keep them all in place. If you are confident, you can skip to the next

step. Fold the grosgrain down over the raw edge of the bunting flags and pin in place. This is where you will notice that it is important that you have placed them under halfway so that the grosgrain sits equally over the raw edge. You don't need to fold the tie sections in half, just sew along where the flags are.



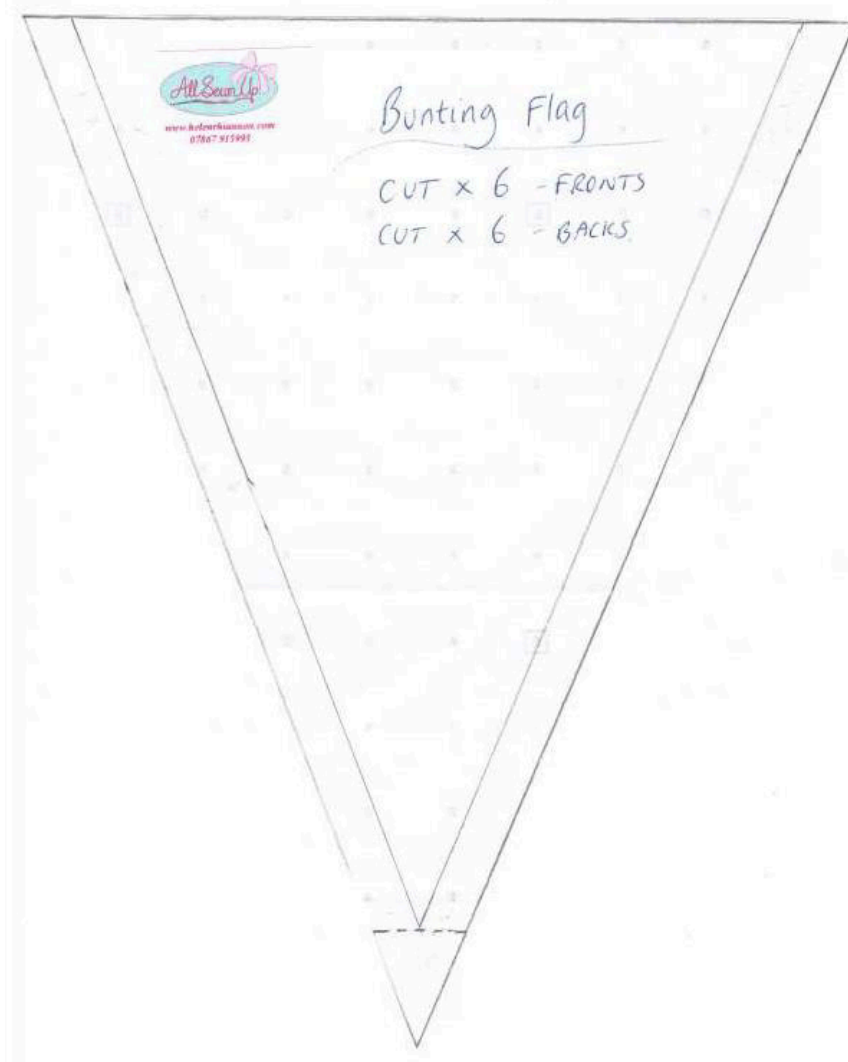
## Stage 5 – Sewing your flags onto the ribbon

Using zig-zag stitch, width 4-5 and length 2.5, stitch along the length of the ribbon keeping the foot lined up with the edges to sew along the centre. Try a fancy stitch too for that special finishing touch! Fold over the ends of the ties twice and stitch down with straight stitch.



## Stage 6 – Finishing your bunting

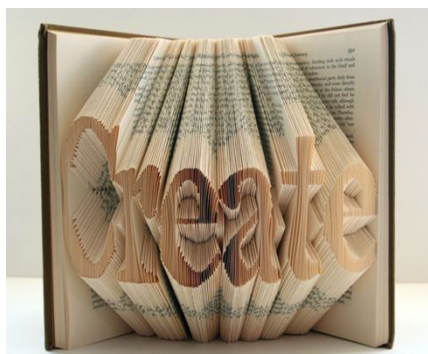
And that is it! Your bunting is ready to be hung up in time for those Summer garden parties or to brighten up your home.





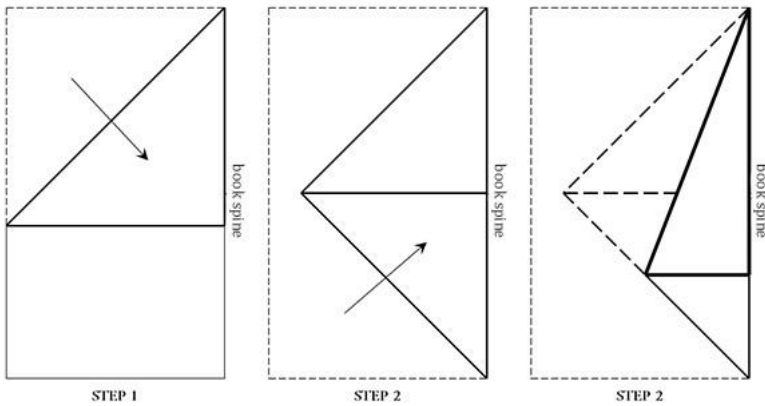
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# Graphics – Just for Fun! Book Sculpture



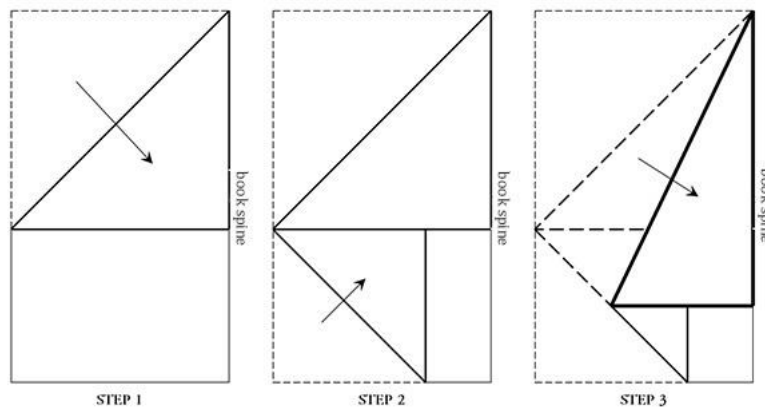
## Tutorial





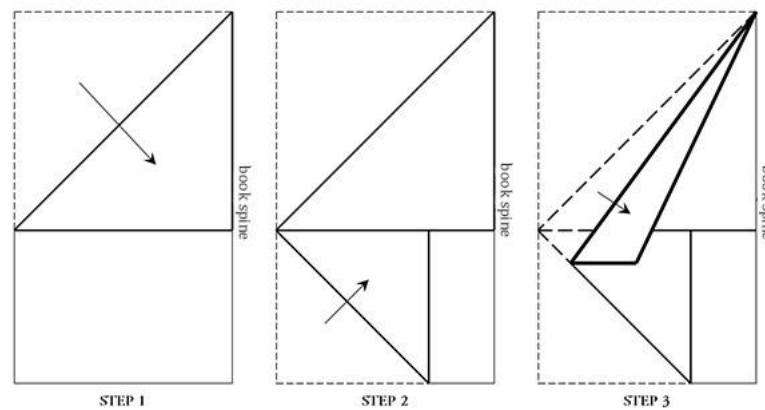
## Step 1

To make the middle folds in the Utzon Book Sculpture, follow Diagram A.



## Step 2

To make the background folds right behind the series of triangle folds, follow Diagram B.



## Step 3

To make the background folds right behind the folds you made in (2), follow Diagram C.

## Step 4

To make the last background fold in the Utzon Book Sculpture, just follow steps 1 and 2 in Diagram C.



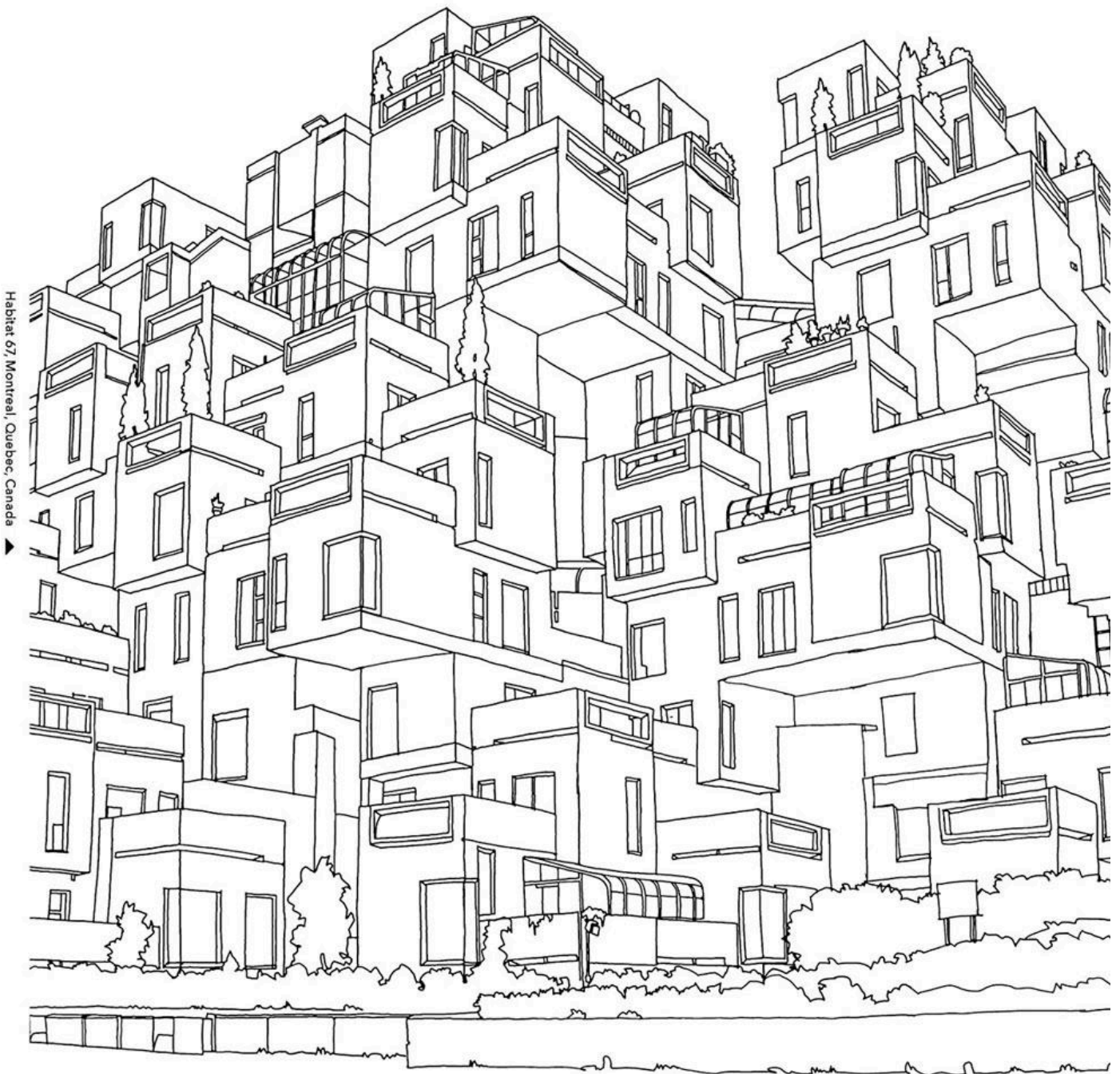


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# Graphics – Just for Fun!

## 3D Colouring

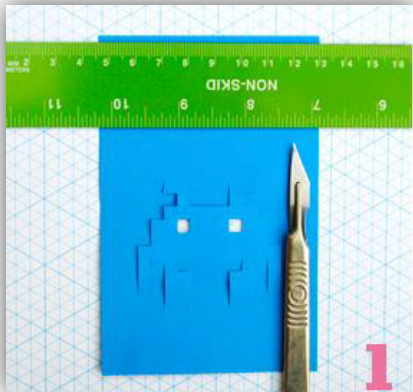
You are never too old for colouring in! Have a go at colouring the image below – try using tone to make it look more 3D.





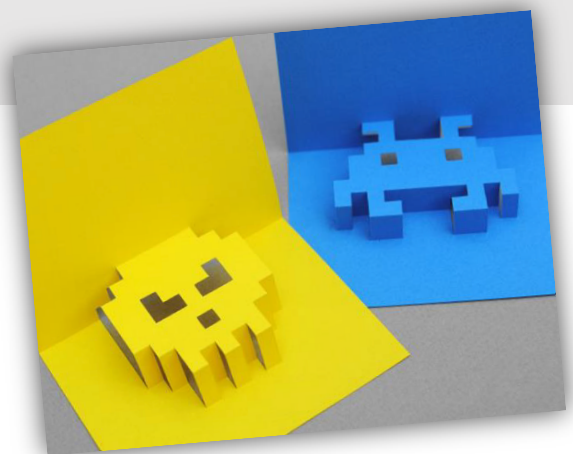
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# Graphics – Just for Fun! Pop-Out Cards



## You will need:

- Paper
- Craft knife
- Ruler (preferably a metal one)
- Cutting mat (optional)
- Needle (or compass point) for scoring



## Method:

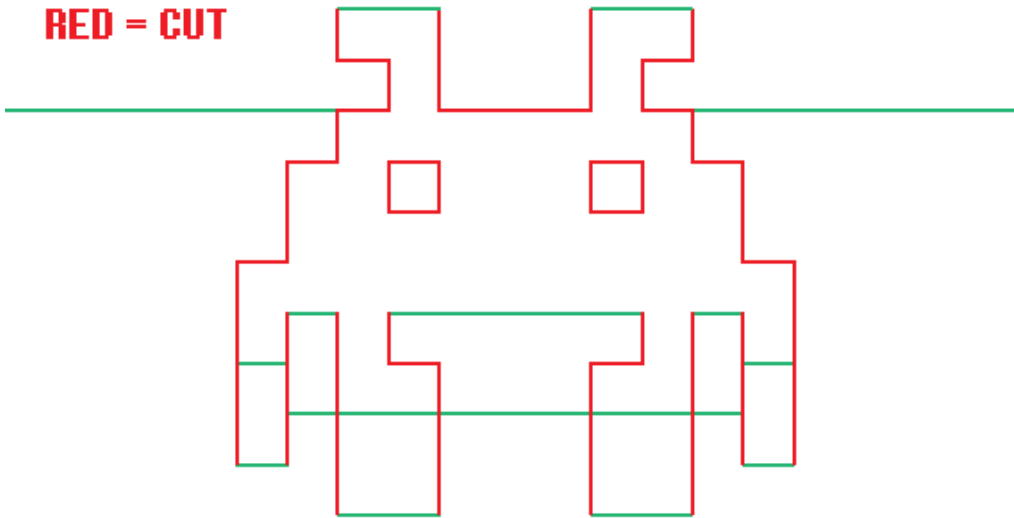
1. Trace the template and then transfer the image onto your card.
2. Cut and score along the correct lines (as shown on the next page). Do ensure that you cut and score as accurately as you can. (Try using a needle and ruler for scoring).
3. As you (slowly) fold the card in half the space invader, or skull, should begin to pop-out. This is the trickiest step so make sure you take your time. If the shape does not automatically pop out you can use a

toothpick (or something similar) to ease the shape out as you are folding. When your card is shut smooth down.

4. Cut out the outer card and glue/tape the pop-up insert inside. You can use patterned paper if you fancy it.
5. Cut out your envelope template
6. Pop card inside
7. Stick down!

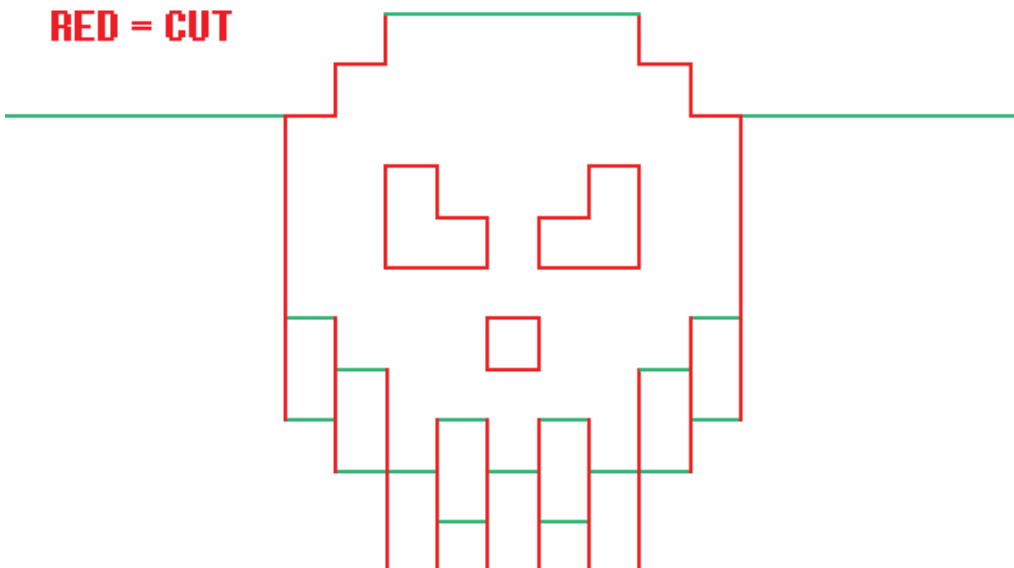
**GREEN = SCORE**

**RED = CUT**

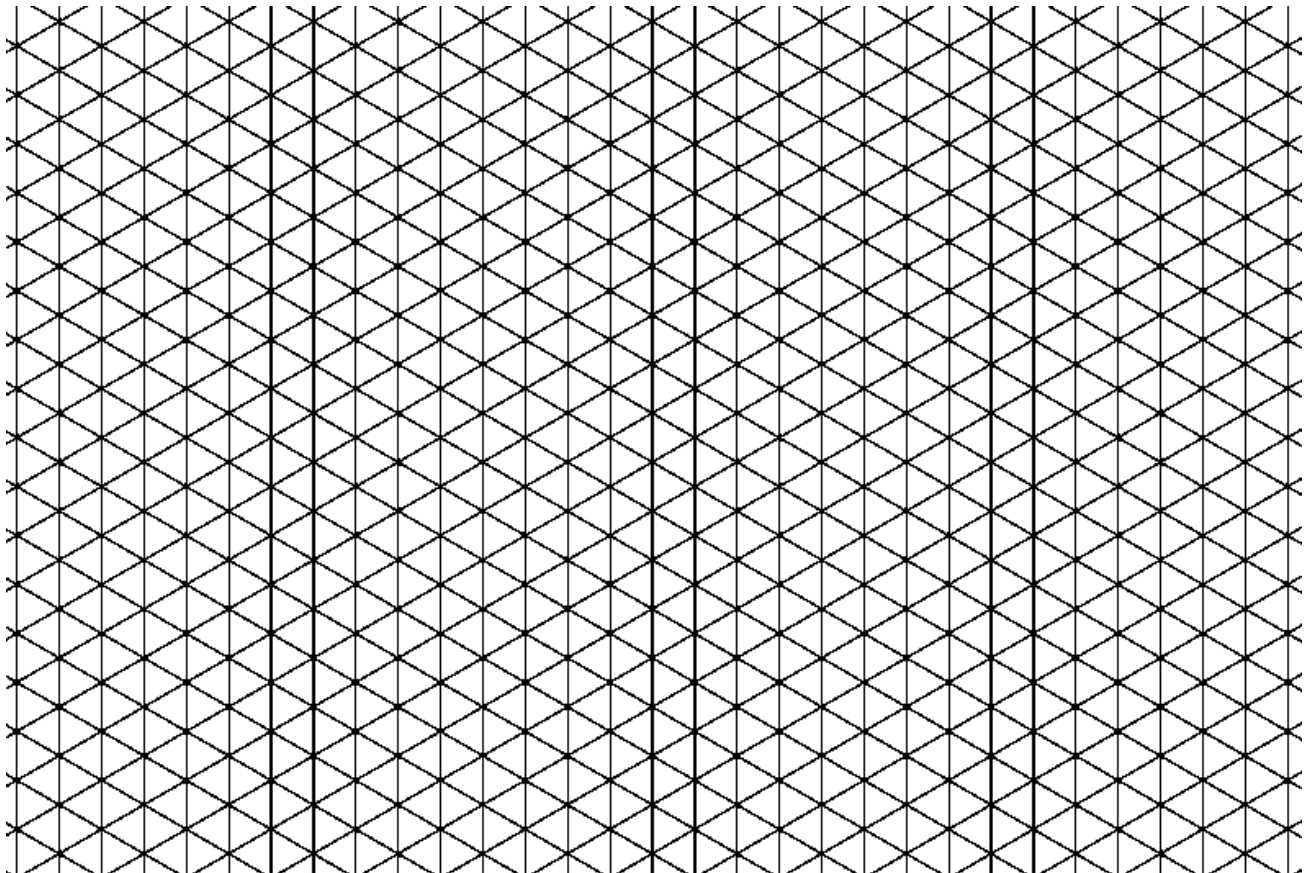
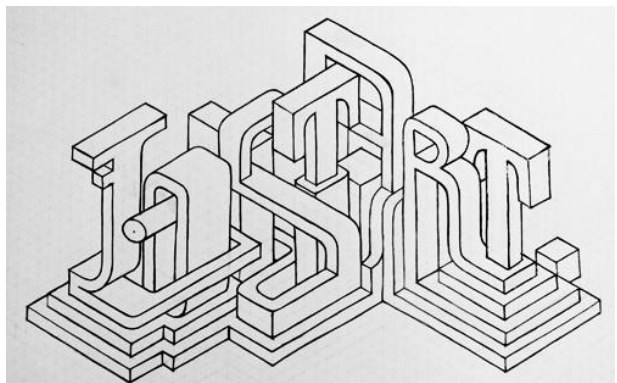
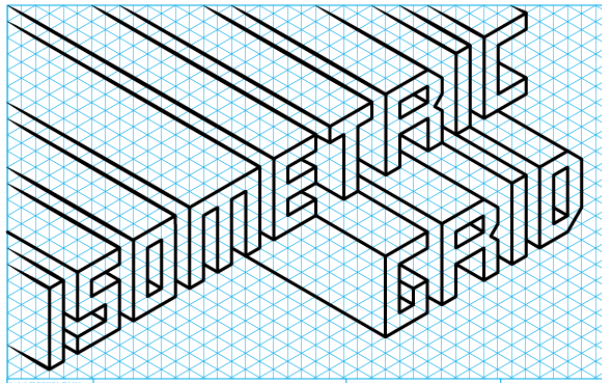


**GREEN = SCORE**

**RED = CUT**



Lay paper over the grid below (so that you can see the lines through the paper) and have a go at creating your own isometric text.







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# Product Design – Just for Fun!

## Paper Windmills

Use contrasting colours for the front and back to get the maximum impact when the heads start to spin in the wind.

This basic principle, for the headpiece, also makes a great decoration idea for parties. You could thread a series of windmills in pretty colours along a string for a fun and unique garland or write people's names on them as use them as place cards! People will love having their very own handmade windmill to take home with them.



Wooden dowels are even better than straws for the stick of the paper windmills, as they won't bend or break easily. You might have to give the pin tacks an extra little push, but they'll go in fine with just a little extra encouragement.

**You will need:** Spotty and stripy paper, straws, glue, drawing pins and small beads

1. For each windmill, cut two 14cm squares, one red and one blue. Glue back-to-back and leave to dry.
2. Draw diagonal lines from corner to corner and make a 5cm cut along each line.
3. Fold every other point towards the centre and glue in place.
4. Fix the windmill to a straw with a drawing pin, gluing a bead over the point.

**Spin your paper windmills as fast as you can and see which is fastest! The trick is to not fasten the pin tack too tightly to allow plenty of room to move round the bar.**



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# Product Design – Just for Fun!

## String Lampshades



**Create your own instant lampshades with an old ball and some string!**

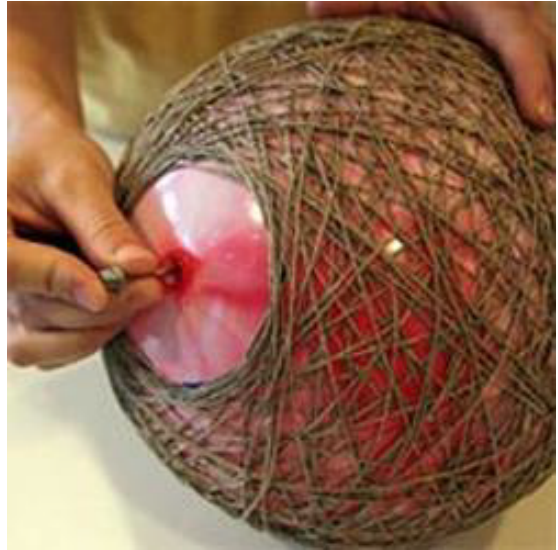
### Here's how:

1. Draw a circle on the ball with a permanent marker. This circle will mark a space on the lamp that needs to remain clear of string. The empty circle will be used in assembling the light fixture and will allow you to have access for changing light bulbs. If the light fixture you are using has lampshades, make sure that the circles are big enough for the shades to easily pass through.
2. The best way to apply the glue is to squeeze a small amount onto your fingers and run the hemp string through the glue and then wrap it around the ball. The string should stick fairly easily to the ball.

### You will need:

- Plastic balls of various sizes
- Clear drying craft glue
- Hemp string
- Permanent marker
- Ball inflating needle
- Light fixture and hardware

3. Glue and wrap, glue and wrap, glue and wrap. Just keep going. Try to wrap randomly to avoid criss-cross patterns. The more densely wrapped the lamp is the stronger it will be.
4. Make sure to avoid wrapping string over the circle area. If there are any areas that seem weak, you can apply a little extra glue to give it more strength.
5. Repeat the steps 1–5 to make multiple lamps. Let the glue dry completely.
6. Use the inflating needle to deflate the ball.
7. Remove the deflated ball from the lamp.
8. Feed the light fitting through the circle hole of the lamp and up through the top, so that the light bulb will hang down in the centre of the sphere.





# Product Design – Just for Fun!

## Building a Nest Box

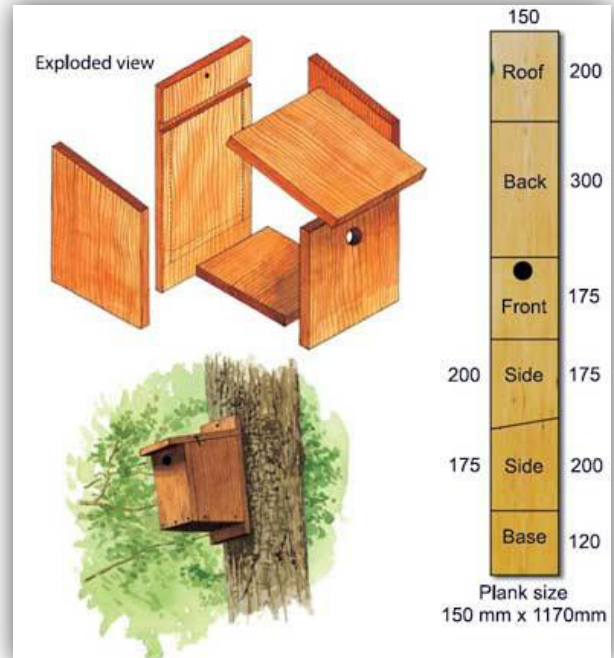
Before you start building your nest box, study the nest box illustrations, dimensions, and advice on the materials to use and the hole sizes.

Make sure that you put your box up as soon as it has been built – the longer it's up, the more chance it has of attracting visitors.

## Materials

It is important that the inside of the box doesn't get too cold or warm and that the box is durable.

- Nest boxes should be **made from wood** (Woodcrete – a unique combination of sawdust and concrete is often used for commercial boxes). Metal and plastic are unsuitable materials as they may cause the contents of the nest to overheat or allow condensation to build up inside the box, wetting eggs and chicks.
- The type of wood used is not critical but **hardwoods**, such as oak and beech, will outlive soft wood, such as pine.
- Rather more critical is the **thickness of the wood**, which should be at least 15mm to provide sufficient insulation and to prevent warping.
- It is better to **nail your box together** rather than gluing it (remember to use galvanized/stainless steel nails to stop rust) as this allows water to drain.





- Make sure you **drill a couple of holes in the base** of your box to ensure that any rain that does get in can drain out quickly.
- **Top tip – Do not put a perch on the front** of the nest box as this is not necessary and may aid access to a predator!

## Hole sizes

Different size holes are suitable for different species:

- 25mm or larger for Blue, Coal and Marsh Tit
- 28mm or larger for Great Tit and Tree Sparrow
- 32mm for House Sparrow.

## Access for inspection and cleaning

Nest boxes should have a means of easy access for both inspection and cleaning.

Attach a waterproof hinge to the roof of the box, so that it can be lifted easily but won't fall off. Car inner tubes or Butyl rubber are ideal waterproof materials to use. Cut the rubber to the width of the box, and then nail the rubber along the back of the box and to the roof.

# Product Design – Just for Fun!

## Stripy Plaster Candle Holders

### What you will need:

- Powder plaster
- Plastic container for mixing
- Silicone square mould/large ice cube tray
- Tea lights
- Acrylic paint and paintbrush
- Metal or wooden spoon



## Method

1. Scoop powdered plaster into a small container and mix with water according to directions.
2. Stir water and plaster mixture until you achieve desired consistency, which should be similar to pancake batter. Plaster sets very quickly, so you'll want to work fast.
3. Pour mixture into square mould or gently scoop the mixture in with a spoon.
4. Wait 2–3 minutes for it to start to set up. While it's setting up, remove the candles from the metal shell they sit in. Place one shell in the top of each square. Then add coins or other small heavy objects to weigh it down, so it stays in place.
5. Set aside and allow the plaster to harden for at least an hour (dry time may vary).
6. Carefully remove the plaster cubes from the mould one at a time and let them finish air-drying for a full 24 hours.
7. Now that your cubes are completely dry, you can seal them with matte medium (optional) and then begin painting them.
8. Wait for the votives to dry completely, add the candles back into the tea light shells, and you are done!

