



Firrhill News

Produced by the Environment Group

September 2015

The Anne Frank Garden

To commemorate Anne Frank's birthday (had she survived she would have been 86yrs old on 12th June), some Lily of the Valley plants, kindly donated by Firrhill Grandmother, Mrs Mitchell, were planted in the flower beds of the Anne Frank Garden, by a group of pupils and parents. The planters were replanted and mulched. It was great fun gardening together in memory of Anne Frank.



The potatoes were earthed up and required regular "earthing up" over the summer and plenty of water!



The "Anne Frank tree" is a weeping cherry and Ruth Gebbie, Firrhill parent & garden designer says, "apparently, in Japan, cherry blossom symbolises the transience of life, gentleness and kindness - very apt, and Lily-of-the-valley is 'returning happiness'". It is nice to have incorporated some of these plants into the Anne Frank Garden at Firrhill High School.





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The School Meadow

The meadow is situated to the rear of the school; now in its 3rd year, acting as a "wild life corridor" it encourages urban pollinators and biodiversity. In August many insects were seen feeding from these annual and perennial flowers, which are providing a valuable source of nectar.





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Firrhill Summer Sports Camp



The Firrhill Summer Sports Camp, which took place at the end of July, was a tremendous success. Pupils from P1-S2, grouped according to age, took part in a wide variety of sports, all delivered by qualified coaches and teachers. It was an excellent opportunity for pupils to develop existing sporting skills and to try out new sports as well as having a great time, keeping fit and making friends.



Elsa and Amelie, P6 pupils from Pentland Primary School said they had a lovely time at the camp: "It's really fun" said Elsa; "I really liked it because I've tried a new sport – handball; and the Coaches' Challenge is fun" said Amelie



Also interviewed, were some P5 & P6 boys from Buckstone Primary School who were enjoying the Summer Sports Camp: "It's been good!" said Callum, "It's been really fun, I've really enjoyed it" said Daniel, "It's been really good – I especially liked the football" said Jamie





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Ribolita

This recipe uses a very large stock pot - ideally one that can go in the oven as well as on the hob. Into the pot put a couple of tablespoons of extra virgin olive oil

Ingredients:

One bag of curly kale. (You may need to wash it.)

One (or two) 400gm tins of chopped tomatoes.

1 teaspoon of Italian seasoning

1 vegetable stock cube dissolved in about 1 pint of boiling water.

2 small onions, chopped into small pieces

Celery or other vegetables that need using up - for example peppers, carrot, and potatoes, fresh tomatoes, leeks.

Sprinkle on some pumpkin seeds and/or sunflower seeds.

One tin of baked beans

Tear into small pieces 2 crusts of a sliced loaf of bread

6 tablespoons of olive oil

Method:

Simply add all the ingredients into the pot

Mix thoroughly and bring to the boil.

Then simmer for 2 hours or put in the oven for 2 hours at 150 centigrade.

It is a very flexible recipe and you can add as many extra bits of vegetable as you want.

This makes enough for about 8 servings (can be frozen and re-heated in a microwave or a pan).

It is nicest and tastiest on the second day when you re-boil it. Serve it with a trickle of olive oil on the top, and sprinkle with lots of Parmesan cheese

Ribolita is a famous Tuscan soup its name literally means "re-boiled"!



"Here is our recipe for ribolita, an excellent vegetarian dish that packs in kale, beans and lots of other goodies. It really is very tasty especially at this time of the year. It's a traditional Tuscan peasant dish" said Ross and Dorothy Hamilton

"In addition to the celery and onions I added 1 red pepper, 1 leek & 2 carrots, but omitted the potatoes" said Helena MacKay



Thanks to Ross and Dorothy Hamilton for this healthy and delicious recipe, and thanks to Helena for the great photo of her ribolita. Helena also said they were delighted when, on the first night of their summer holiday in Tuscany they were served genuine Italian ribolita!



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A Cycle Ride around Balerno (a pleasant cycle ride suited to mountain or hybrid bikes)

This lovely 14 mile cycle starts at Katesmill Road, descending into Colinton Dell, along the disused railway line, through the tunnel past Spylaw Park and continue along the Water of Leith towards Balerno (1). Turn left and travel on Bridge Road, past Balerno High School, straight ahead at the roundabout to Johnsburn Road, go up the hill and at the bend take the 2nd road on the right Cockburnhill Road. This also climbs steadily (2&3) past some farms (4) when you reach the T junction turn left on to the Rigg. Where there are splendid views of the Pentland hills.

Continue along this road to the T junction, turn right and cycle up the hill taking a left turn by Bavelaw Car Park. Go through a couple of gates by Threipmuir Reservoir (5). At the end of the reservoir, take a left fork through a small group of trees, approaching Harlaw Reservoir and turn sharp left as you meet the path which runs around the reservoir. At the end of Harlaw Reservoir turn right along a narrow footbridge to the Visitor Centre (toilets and drinking water are available here). At the Visitor Centre go through the gate, and along the road take a sharp left turn over a little bridge to the car park, turn left down the road to the T junction, then turn right. Follow the road, taking care at a tight bend by houses and a farm.

Continue along the road to (6) at the next junction, by a white house, take care turning right and leave the main road going down towards Poets Glen, through a farm where the road twists and deteriorates into a bumpy track. Continue to Clubbiedean Reservoir and descend to Torduff Reservoir (care is required on the steep descent and as you go over the bridge). Along by the reservoir (7) and down the hill then turn left at the T junction, go past Bonaly Primary School. Give way at the bottom and turn left then immediately right, down Westmill Road and back in to the Dell (8) turn right and return to the start.



Always wear a helmet and check brakes and tyres before every ride. Carry tyre levers, an inner tube and pump.



This pleasant cycle is about 14 miles and would take about 2 hours to complete depending on ability.





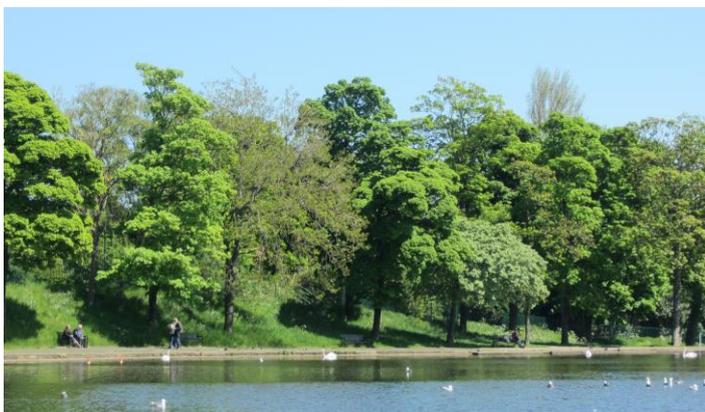
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Inverleith Park by Carolyn Hargest, Firrhill Parent

Inverleith Park was once part of the Inverleith Estate, which was owned by the Rocheid family since 1665. It was bought in 1889 by the City fathers and comprises: playing fields (now with allotments), boating lake, children's playground, rose garden and tree lined walkways.



Swan



Mallard (male)



Mallard (female)



Green Alkanet

The park and the Botanic make a great day trip destination.



Swift (summer visitor)



Rock Dove



Heron

Inverleith Park has a Tree Walk with an accompanying leaflet to help to identify the variety of trees seen along the Avenue of Trees and also those seen in the sundial garden.

The lake is home to a large amount of wildlife: birds and water fowl, fish, frogs and insects. In 2007 an area of the lake was made into a wetlands habitat to encourage more wildlife. It is surrounded by lush vegetation and lovely wildflowers.

Also being near to the Botanic Gardens, cafes and shops it offers a great day out all year round.

The Parent Council AGM is on Monday 7th September at 7.00pm in the school library – an excellent way to hear about what has been taking place over the past year. All parents and carers are warmly invited, so do come along!