

Royal Wootton Bassett Academy Sixth Form Weekly Newsletter #147

10 May 2024







During the exam period, excellent attendance and punctuality is even more important. If you are going to be late or are ill and you have an exam you must email Mrs Allen, Mr Matthews **and** the exams officer Mrs Loveday before 8.30. As you will be aware from

the exam rules assembly there are very strict protocols, and we need to ensure that no student is disadvantaged.

If you are late or ill and **do not** have an exam, please continue to use the 'ABS' email address. <u>Abs@rwba.ascendlearningtrust.org.uk</u>



The University of Southampton have fantastic opportunities for all students in a range of subject areas, from virtual masterclasses to day visits or even residentials.

Please take a look:



#### Shakespeare Shake-Up Day - It's Back!



#### 14th June 10:00 - 14:00

Our popular Shakespeare Shake-Up Day returns to our Avenue Campus for a second year. Open to Years 10 - 13, the day is a unique opportunity to enrich your GCSE and A-Level English courses with insights provided by Shakespeare experts. The day includes a taster lecture and two interactive workshops, helping you discover new details about Shakespeare's world and his writing.

Shakespeare Shake-Up Day: Explore the Plays Registration, Fri 14 Jun 2024 at 10:00 | Eventbrite

#### Art and Design Experience Day

#### 16th July 10:00 - 14:30



Join us at Winchester School of Art for this handson day to explore our creative, art and design subjects! In this interactive event, you'll delve into our programmes through practical sessions on one of two pathways: Fine Art, Fashion Design and Textile Design; or Graphic Communication, Creative Computing, and Games Design & Art.

We welcome bookings from Year 12 School and College groups, as well as individual Y12 students.

Book Here: <u>https://www.eventbrite.co.uk/e/art-and-design-experience-day-registration-881269359377?aff=oddtdtcreator</u>

#### Early Modern and Modern History Study Day

Monday 17th June - 09:30 - 14:45



Featuring talks from experts in the field, this event will tackle topics that both cover or complement popular A level History modules and showcase something of the sheer range of subjects available to those studying History at Southampton.

We will cover both British history (including lectures on 'The Prayer Book Rebellion of 1549' and 'The British Empire in the Modern World'), and non-British history (including lectures on the USA's Manhattan Project and the Cold War, and on 'The Russian Revolution: Hopes, Fears, Tragedy'). There will also be a session with some of our current brilliant students, involving a Q&A and the opportunity for attendees to ask current students about life and studying at university.

Book here: <u>https://www.eventbrite.co.uk/e/early-modern-and-modern-history-</u> <u>study-day-registration-881806044617?aff=oddtdtcreator</u>





#### \*NEW\* BA Language, Culture and Communication

The University of Southampton UoS is excited to introduce its new BA Language, Culture and Communication programme, part of the Languages, Cultures and Linguistics

department. 96% of our graduates are in employment or further study within 15 months of leaving university. \*

This innovative, interdisciplinary programme combines modules in ethnography, cultural studies, sociolinguistics, and digital and non-digital communication, exploring the connection between language, culture, and communication in global contexts.

Designed for non-language specialists, the programme offers the option to study one or two languages from scratch (beginner level), including French, German, Portuguese, Spanish, Chinese, Arabic, and Italian. International students can also choose to take English Language stages as one of their languages. The programme provides flexible study options, a 3-year or a 4-year programme with the following opportunities:

- A period abroad
- Year in employment
- Paid UoS internships

In the final year, students can undertake a professional project as an alternative to the traditional dissertation, allowing them to collaborate with businesses and charities on language, culture, and communication projects, gaining valuable employability skills and networks.

This programme prepares students for a wide range of careers, including creative arts, information technology, management, mass media, social work, counselling, education, and language teaching.

For further information, please email: <u>AdmissionsUG.AH@southampton.ac.uk</u>

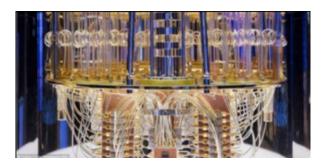


#### **School of Engineering Design Show**

#### Friday 14th June - 10:00 - 14:00

The School of Engineering's Design Show gives students of all ages the opportunity to see STEM creativity and design in action. Our student show displays the best design projects from across mechanical, aeronautical, acoustical, astronautical, civil and maritime engineering. As part of the experience, we would like your students to vote for their favourite project to win an award. In addition to university students' work, we are pleased to present an exhibition from our charity partners at Primary Engineer.

The show will open to students from 10am to 2pm on Friday 14 June and we recommend 90 minutes to look around the full show. We can also accommodate school group visits every Wednesday until the end of the school summer term. We would particularly welcome and encourage visits from students whose backgrounds are currently underrepresented in STEM subjects at university level.



#### Southampton Theory Astrophysics and Gravity (STAG) Research Centre Online Masterclass for A-Level Physics Students

Monday 24th June 2024 12:45 - 4:00 pm

Meet the Scientists at the University of Southampton working at the cutting edge of Quantum Physics. By the end of this Masterclass, you will have learnt about the basic ideas of Quantum Mechanics including some of the peculiar consequences such as tunnelling. We will also introduce quantum computing which offers the possibility of faster computation and a quick way to simulate quantum systems in nature.

#### **Online Timetable:**

12.45pm - 12.55pm: Registration

12.55pm - 1.00pm: Welcome/Introduction by Professor Nick Evans

1.00pm – 1.50pm: "An Introduction to Quantum Mechanics" by Dr Elinor Twyeffort

1.50pm - 2.40pm: "Quantum computing: simulating the quantum world using quantum mechanics" by Dr Bipasha Charkraborty

2.40pm – 2.50pm: Break

2.50 - 3.30pm: A panel of our academics and students will introduce themselves and

their work and answer your questions on any area of our research.

3.30pm - 4.00pm Plenary and Evaluation

4.00pm - Finish

Technological Requirements: The event will be run via Blackboard Collaborate. Ideally each participant will need their own access to a computer with internet connection. We recommend using Chrome as your browser to ensure a good quality connection.

For more information about STAG please click here

For further information about the Masterclass please contact PJ@soton.ac.uk

## Calling all Year 12 Physicists or Mathematicians.



#### Applications are open for the Levelling-Up programme at the University of Southampton!

Levelling Up is an online tutoring and mentoring scheme for students from under-represented backgrounds and areas. The programme is a year-long initiative running from the Spring Term of Year 12 through to the Spring term of Year 13. This is aimed towards students considering applying to the University of Southampton to study degrees in Physics and Mathematics.

Students will be supported by trained undergraduate and postgraduate students who will lead weekly online mentoring sessions designed to prepare pupils for university life - helping to complete applications as well as providing tutorials designed to support A-Level studies. Pupils will benefit from small group teaching with groups of 5-10 pupils per group.

#### Please click on the link below or scan the QR code to fill in the application form.

For any enquiries, please contact Dr. Priscilla Corsi at p.corsi@soton.ac.uk

#### **Biological Sciences Virtual Taster Lecture Series**



We recently ran a series of taster lectures on a variety of Biological Sciences topics which we are happy to be able to share the recordings with you! These virtual events will give interested students a chance to experience what a biological sciences lecture is like at Southampton.

#### The Immune and Nervous Systems in Dementia

Delivered by Prof Diego Gomez-Nicola

Dementia is one of the most important clinical problems of our society, impacting millions of people worldwide. As part of the diseases encompassed by Dementia, the brain degenerates slowly, sometimes over many decades, ultimately leading to loss of cognitive and affective abilities. While the field of neuroscience thought Dementias such as Alzheimer's disease were a problem relating to neurons exclusively, more recent research has shifted this perspective and now we think our immune system is a primary driver of disease onset and progression.

#### https://southampton.us7.list-

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#### The Human Gut Microbiome in Health and Disease

Delivered by Dr Fatima Pereira

We are more microbial than human: our bodies are inhabited by trillions of microbial cells that outnumber the total number of human cells. Most of these

microbes live in our gut. There are up to 1,000 different species of bacteria in the human gut microbiome, and each plays a different role. Most are extremely important for our health, maintaining the intestinal epithelium, helping to extract energy from diet, controlling immune function and even behaviour through the gut-brain axis. In fact, changes in the composition of the human gut microbiome have been linked to a wide range of diseases, from obesity and diabetes to autism spectrum disorders.

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#### The Nutritional Needs of Insect Pollinators that Secure our Food

#### Delivered by Dr Daniel Stabler

All animals need to eat to survive. Consuming nutrients is vital for somatic maintenance, growth, and reproduction. But what happens when the nutrients in the foods available to us are not optimal? In humans, we can develop diseases, have impaired immune function, and reduced lifespan.

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#### Fossils, Molecules and Genes to understand the history of life

Delivered by Dr Jeff Thompson

Understanding the origins of the vast biodiversity seen on planet earth today requires the integration of multiple kinds of scientific data. The fossil record is an excellent archive of past changes in animal shape, size and anatomy which allow us to understand in detail the precise evolutionary changes which have taken place over the past half a billion years of evolution. While the fossil record is an excellent archive, it is also necessary to understand the role of genes, proteins, and development in producing evolutionary changes.

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## Change people's lives with a career in Nursing

Student nurses at the University of Southampton share their stories, offering insight into becoming a nurse, making a difference to patient's lives, and how they chose which field of nursing to pursue.

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#### **Medicine Virtual Work Experience**

Applications for the August Medicine Virtual Work Experience will open on 17th

**June**. This is a collaborative project with University Hospital Southampton where Year 12 students based in the UK will have the opportunity to undertake LIVE work experience delivered via Microsoft Teams. This is a very popular programme with demand exceeding capacity.

Please refer to the website for updated application criteria and FAQ.

The dates for 2024/25 are now confirmed as:

October 29 and 30, 2024

February 19 and 20, 2025

August 27 and 29, 2025

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## COTSWOLD AIRPORT ANNION SCHOLARSHIP 2024 AUGUST 5th - 10th

FLYING EXPERIENCES GROUND SCHOOL AIR TRAFFIC SERVICES AIRCRAFT MAINTENENCE INDUSTRY VISITS ENGINEERING

## 8 PLACES AVAILABLE

APPLICANTS MUST BE 15 TO 18 YEARS OLD LIVING IN GLOUCESTERSHIRE, WILTSHIRE, OXFORDSHIRE AND BERKSHIRE

Instagram



Cotswold EGBP



The Sixth Form block is now an exam venue. Please respect all signs and ensure you are aware of room changes.

This includes no access to **the supervised study room, the SF05 study room and the Sixth Form computer suite.** Please study in the Sixth Form foyer or the common room.

From next week we will also have an allocated classroom for additional study space.



## SOUTH WALES BUSINESS SCHOOL TASTER DAY 19 June 9:15 - 14:45

#### **Treforest Campus**

Accounting and Finance Business Management Hotel and Hospitality Management Marketing

This taster day aims to give students the opportunity to experience the different pathways and courses within Business. Perfect for year 12 (or college equivalent) students who want to study Business at University.

For more information e-mail schoolsandcolleges@southwales.ac.uk



## **LAW TASTER DAY**

Treforest Campus 20 June 2024 9:15 - 14:45

#### Law | Criminal Justice | Legal Practice

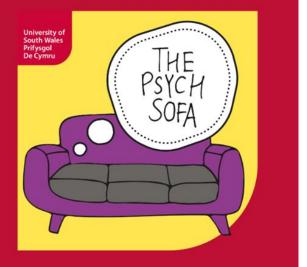
An exciting opportunity for year 12 (or college equivalent) students to explore career pathways and experience our Hydra Simulation Centre and our very own Moot Courtroom.

For more information e-mail: schoolsandcolleges@southwales.ac.uk

## **PSYCHOLOGY PODCAST**

The Psych Sofa is a USW podcast that explores the ways in which psychology can be applied across a range of settings and scenarios to improve lives and make the world a better place.

This is a great introduction for students into the world of psychology and its real world applications. It could be something they mention in their personal statement, or to provide them with a better understanding of why they might want to study psychology.



https://www.southwales.ac.uk/news/news-for-2024/usw-launches-topicalpsychology-podcast/

#### University of South Wales Prifysgol De Cymru

#### Chiropractic Taster Day Treforest Campus

Tuesday 25 June 2024 | 10am - 2pm

#### BOOK NOW!



Time	Session Title	Session Description
10.00 - 10.15	Welcome and Introductions	A welcome from the Chiropractic lecturers, who will introduce you to the Welsh Institute of Chiropractic and its fascinating field.
10:15 - 11:00	What the Heck is Chiropractic?	During this session, students will receive an overview and take part in a quiz.
11:00-11:15	Refreshment break	
11:15+11:45	Introduction to Tigger Point Release Massage Techniques	In this session, students will have the opportunity to have a go.
11:45 - 12:10	Introduction to Proprioceptive Neuromuscular Facilitation Stretching techniques	In this session, students will have the opportunity to have a go.
12:10 - 12:30	Introduction to Spinal Manipulation Set up techniques	In this session, students will have the opportunity to have a go.
12:30 - 13:00	Lunch break	
13:00 - 13:15	Anatomage table Anatomy quiz	Students will think about what they have learnt and test their knowledge.
13:15-14:00	Tours	Students will be able to tour the campus and view our brand new Chiropractic facilities.
14:00	Conclusion and Q&A	Current students and academic staff will be on hand to answer any questions students may have.

## USW AND REACHING WIDER SUMMER SCHOOL 2024

USW SUMMER SCHOOL JULY 2024

The Summer School is for students who are in Year 12 or first year level 3 with priority given to students who meet the following conditions and especially those who are currently undecided about attending university:

Students from Black, Asian and Minority Ethnic Group (BAME) backgrounds

Care experienced young people and those in local authority care
Students classified as having a disability

Toung cares
Students who have a parent/carer who has served in the armed forces.

Expressions of interest will open in early 2024, but if you have any queries in the meantime, please get in touch with us by emailing: schoolsandcolleges asouthwales ac.uk.

For more information about the USW Summer School, please scan the QR code:

at our Treforest Campus, this event is completely free of charge, with accommodation and meals included. Students who attend this year's Summer School and enrol on a USW full-time undergraduate course in 2025 will be eligible for a £500 bursary. Priority will be given to students who meet the eligibility criteria, however, we welcome and encourage applications from anyone considering their next steps.

Expressions of interest are now open for Summer School 2024. Taking place from the 15 to 17 July

Find out more

https://www.southwales.ac.uk/about/schools-and-colleges/summer-school-2024/

Celebration Day

## Welcome to the Celebration Day writing competition for schools!

Deadline Tuesday 14th May

#### Which amazing person from history are you celebrating?

The third annual UK-wide Celebration Day schools competition encourages 5-18year-olds (and their teachers!) to connect with their elders, do research and retell stories of amazing people or sporting legends in history.

Entrants will either use their own research, or interview older family or friends, to find out about inspiring people from the past. They will retell their story via a written article (or audio piece), sharing what our generation can learn from their remarkable story.

#### The competition is **free to enter** and open to learners of all ages in the UK.

One winner will be chosen from each of the five age group categories and there will also be a separate category specifically for teachers:

Age 5-7, Age 8-10, Age 11-13, Age 14-16, Age 17-18 & Teachers

The deadline for entries is 5pm Tuesday 14th May 2024.

https://theday.awardsplatform.com/



UNIVERSITY CLINICAL APTITUDE TEST

UCAT

# Applying fo<mark>r</mark> Medicine or Dentistry?

Applicants to medical and dental degree programmes at UK universities are required to sit an admissions test in addition to other entry requirements. The UCAT is a two-hour, multiple choice test which assesses a range of mental abilities identified by university medical and dental schools as important. The test is delivered at test centres throughout the UK and internationally.

#### WHEN DO I NEED TO SIT THE UCAT?

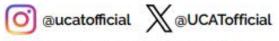
If you are applying to a university in 2024 that requires the UCAT you need to sit the test by 26 September 2024. Check the list of universities on our website. You should also check university websites for specific entry requirements.

#### **KEY DATES FOR UCAT 2024**

14 May	UCAT Account creation opens		
**	Bursary and Access Arrangement applications open	2	
18 June	Booking opens		
8 July	Testing begins		
15 September 23.59 (BST)	Access Arrangements deadline		
19 September midday (BST)	Booking deadline		
26 September	Last testing day		
27 September	Bursary scheme deadline		
15 October	UCAS application deadline		
Early November	Results delivered to universities		
TEST FEES	í.		
Tests taken in the	e UK	£70	
Tests taken outsi	de the UK	£115	

Visit our website or scan me for more information: ucat.ac.uk





Details correct at the time of publication. Please check our website for up to date information

#### **Upcoming taster courses**







#### Experience life as a veterinary nursing student at the RVC 🐾 :

One-day introduction to Veterinary Nursing with tours of Hawkshead campus and Queen Mother Hospital for Animals.

#### Discover the University of London Institute in Paris ${oldsymbol{Q}}$ :

Taster lectures available in BA French Studies and BA International Politics, both with an overview of the Institute in Paris.

#### Learn how different sciences can work together with UCL <u>S</u>:

If you're struggling to choose one science subject to study, then Natural Sciences might be for you. You'll also hear directly from students and get a tour of UCL.

#### Get a glimpse into student life at City, University of London 🏙 :

Over 20 taster events available, all of which will be taught on-campus. Subjects include 'Finance at Bayes Business School', 'BMid Midwifery', 'A Taste of Politics' and many more.

#### Learn more about BSc Language, Culture and Society at LSE **\$**:

A joint programme offered by LSE to Language Centre and the Department of Sociology. Students can choose one of five modern languages: French, German, Mandarin, Russian or Spanish.

#### Combine maths with the sciences at UCL $\widehat{\boldsymbol{\boldsymbol{x}}}$ :

'Combining Math with Biology: Introduction to Biochemical Engineering' explores the fundamentals of math and modelling using case studies on how Biochemical Engineers are helping to develop solutions to real-world problems.

https://www.london.ac.uk/study/taster-courses-schools/taster-course-search



This is a great opportunity, and we would love to see some of your students there. Please note, this event is completely free of charge and food and refreshments will be provided. Spaces are limited so if any of your students are interested, they must apply via the link in the email below. Once their space is confirmed they will receive a confirmation email directly from us with further information.

#### **Event Details:**

- Title: Engineering & Construction Work Experience Evening
- Date: Thursday, 30th May 2024
- Time: 5:00 PM 7:30 PM
- Location: Reading Town Hall
- Open to: Y11, Y12, Y13 and students on a gap year

Apply here: <a href="https://www.surveymonkey.com/r/37WN9D9">https://www.surveymonkey.com/r/37WN9D9</a>



Year 13 lockers will need to be emptied by 28<sup>th</sup> June and keys returned to Ms Barbour in the school library.





Last weekend was the 10Km Race for life in Lydiard Park. Thank you for sponsoring Rhiannon, Isaac and Phoebe. Well done to you all.

The Peer Education Project



Peer educator traning is in **SF01** on Monday 13<sup>th</sup> May period 2. If you are yet to sign up please do so on Monday. A perfect week to start the programme.



Thank you for all the donations and for buying from the jumble sale. Total money rasied for the WWF fund will be announced shortly.





This year's theme is 'moments for movement'

## Find your moments for movement

One of the most important things you can do to help protect your mental health is regular movement. Moving more can increase your energy, reduce stress and anxiety, and boost your self-esteem. If you'd like to improve your mental health by moving more, read our tips to help you get started.



https://www.mentalhealth.org.uk/our-work/public-engagement/mental-healthawareness-week/boost-your-mental-health-moving-more





Movement is important for your mental health. It can increase your energy, reduce stress and anxiety, and boost your self-esteem. Read our tips to help you get moving more for your mental health.



#### Find moments for movement every day

When life's busy, it can be tricky finding time for wellbeing-boosting activities. Finding moments for movement might be easier than you think. Why not use the time you spend waiting to move more? When you're waiting for the kettle to boil; for your kids to come out of school; or for a bus to arrive. These moments will add up!

#### Set small, achievable goals

Set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day. As you make progress, you will create positive feelings that can boost your confidence and mood.

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#### Take a break from sitting

Many of us sit for long periods during the day: working at desks, driving, or watching our favourite TV show. Research shows that it's unhealthy to be still for long. Set a timer to take regular breaks to stand up, walk around and stretch.

#### Find the fun

Choose activities you enjoy that get you moving. Instead of thinking of movement as a chore, embrace your inner child and find the joy in movement. Fun alongside movement will increase your motivation and the psychological benefits.





#### **Connect with others**

We can strengthen our relationships or even make new friends when we take part in moving with others. These social connections are also great for our mental health. Think about ways to make your catch-up with friends more active. Check out groups and activities happening in your area.

#### Move in nature

Research suggests that moving in nature has greater positive effects on our wellbeing compared to indoors. Take your moments for movement out in the wild. Go for a walk in the countryside or try cold water swimming. Parks, gardens, nature reserves, all provide opportunities for movement and meeting new people.





#### **Try something new**

Trying new experiences can boost our wellbeing. Pushing ourselves to try new things opens us up to new opportunities for movement, making new friends, and having fun. Having the courage to try something new will also give your confidence a boost.

#### Plan things to look forward to

Having events and plans in the diary to look forward to is great for mental health, it can give a sense of hope and excitement for the future. Add moments for movement to your diary and make plans to do fun things that you can get excited about.





#### Listen to the music that gets you moving

Some songs are just made for moving. We all have favourite tunes that get us dancing. So, crank them up and have a living room disco where you can dance like no-one's watching!

Get more tips and advice at MENTALHEALTH.ORG.UK/MHAW



## Post-16 transport application form 2024

#### Will you be attending Sixth Form or College in September and need help to get there ?

If you will be using a public bus service you may be able to purchase a student season ticket from the bus company at a special rate. This could work out cheaper and more flexible to use. However if you will be travelling on a school or college bus or your family has a low income, then it may be cheaper for you to join Wiltshire Council's Post-16 Transport Scheme.

#### How much does it cost ?

Wiltshire Council's Post-16 Transport Scheme allows you to make one journey to and from school or college on days when it is open and costs £950 a year, or £315 if your gross household income is less than £20,819 for the year 2023/24. This can be paid in instalments if we receive your form by 30 June, so if you want to apply for our scheme please send this form now. If you are not certain which school or college you will be attending, send the form to us by 30 June stating which course you are most likely to study. Then if your plans change, contact us immediately and update your request for your new location and we will issue a pass if you are entitled.

If a pass is no longer required, you will get a full refund of any money paid if you tell us before 1 September 2024. If you apply after the 30 June you will need to pay the full amount before we issue the pass, and your pass may not reach you before the start of term.

Please Note: If you will be travelling on a public bus service and do not qualify for our lower rate bus pass, purchasing a season ticket direct from the bus company will be more beneficial, as these are cheaper and more flexible than the standard rate pass offered by the council. If you are not sure which bus company you will need to use to get to school or college, please ring 01225 713365 or email buses@wiltshire.gov.uk

#### How to apply for a Wiltshire Post-16 bus pass

- 1. Read the guidance notes on page 3
- 2. Complete the boxes highlighted in yellow on page 2
- 3. SAVE the form to your computer, CHECK that your details have saved before EMAILING it to educationtransport@wiltshire.gov.uk

If you are unable to email the form you can print it out and send it by post to: Education Transport, Passenger Transport Unit, Wiltshire Council, County Hall, Trowbridge BA14 8JN

#### **Privacy notice**

Witshire Council is the data controller for the personal information you provide in this form. The Council's Data Protection Officer can be contacted at dataprotection@wiltshire.gov.uk. This personal data will only be used for the purposes of providing transport, or purposes relating to this service. We will share your personal data where necessary and lawful within the Council and with transport suppliers, but we will not share your data with any other third parties unless we are required or permitted to do so by law. For further information about how we may use your personal data, including your rights as a data subject, please visit http://www.wiltshire.gov.uk/schools-learning-transport-apply.



Please advise parents to return their application form (with any evidence if required e.g. low income, FSM etc) to <u>educationtransport@wiltshire.gov.uk</u>.





## Teriyaki & Lime-glazed Chicken Wings

Great for an afternoon or evening watching the football or for sharing. Glazed Chicken Wings in sticky sauce and served with rice for an easy budget friendly dish.

#### Ingredients:

#### Serves 4

2 tablespoons of rice flour (if you don't have any just grind down some dried rice in your liquidiser/food processor – long grain, medium or short grain rice will work).

900g of chicken wings, thoroughly patted dry with kitchen paper.

- 4 tablespoons of soy sauce
- 2 garlic cloves, grated.

10g ginger, peeled and grated.

4 tablespoons of light brown soft sugar

- 1 tablespoon of cornflour
- 1 lime zested and juiced.
- 2 spring onions, sliced and left to curl in a bowl of ice water.
- 1 red chilli thinly sliced.

Cooked jasmine rice and pak choi to serve (optional)

#### Method:

- Heat the oven to 220C/200C fan/ gas 8. Line your largest <u>baking tray</u> with baking parchment. Tip the rice flour into a large bowl, season, then toss the chicken wings in the flour. Make sure they're well coated, then spread evenly across the baking tray. Bake for 20 mins (or 15 mins in an air-fryer) until starting to brown.
- Heat the oven to 220C/200C fan/ gas 8. Line your largest <u>baking tray</u> with baking parchment. Tip the rice flour into a large bowl, season, then toss the chicken wings in the flour. Make sure they're well coated, then spread evenly across the baking tray. Bake for 20 mins (or 15 mins in an air-fryer) until starting to brown.
- Once the chicken has been cooking for 20 mins, brush over most of the teriyaki glaze and return to the oven for another 20 mins, (or <u>air-fryer</u> for 10 mins) basting once more during cooking.
- Remove from the oven, top with a final brush of the glaze, then sprinkle with the lime zest, spring onions and chilli. Serve with fluffy rice and pak choi, if you like.