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*Be strong and  
courageous.....for  
the Lord your God is  
with you*

April 2026

Dear Parent/Carer

**Banana Fruit Loaf – Year 1 Courageous Advocacy Project**

Dear Parent/Carer

Your child is bringing home a piece of the banana fruit loaf we made collectively as a class as part of our Courageous Advocacy afternoon last Friday.

The recipe and ingredients are listed below. You may wish to make this yourself at some point. It is quite simple and the children all enjoyed it.

This is part of our ongoing Courageous Advocacy task in aiming to reduce food waste as it uses bananas that many would throw away having become rather soft and squidgy!

If you have any recipes that you use to avoid food waste, we would appreciate it if you could send them into school – either as paper copies with your child or by e-mail to the KS1 phase address FAO Mr Burgin. The e-mail address as a reminder is [ks1phase@highwycombecombined.bucks.sch.uk](mailto:ks1phase@highwycombecombined.bucks.sch.uk).

The class are hoping to collate these recipes and make a recipe book to discourage households from throwing away waste food which may be used in alternative ways.

We look forward to receiving your recipe ideas.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Chris Burgin'.

Chris Burgin  
Year 1 Class Teacher



## Fairtrade banana bread

**Prepare:** less than 30 mins

**Cook:** 1 to 2 hours

**Serve:** Serves 8

**Dietary:** Nut-free & vegetarian

### Ingredients

- 225g/8oz self-raising flour
- 100g/4oz butter
- 150g/5oz caster sugar
- 450g/1lb bananas (the softer the better), peeled and mashed
- ½ tsp salt
- 2 eggs
- 175g/6oz mixed dried fruit

### Method

1. Pre-heat the oven to 180C/350F/Gas 4.
2. Mix all the of the ingredients except the dried fruit together. You can do this in a food processor or by hand in a mixing bowl.
3. When the ingredients are all thoroughly combined, fold in the dried fruit.
4. Spoon the batter mixture into a 1kg/2lb non-stick loaf tin, spread it out evenly and bake it for one and a half hours.
5. When the banana bread has risen, golden-brown on top and cooked through, remove it from the oven and set aside to cool on a wire rack. Slice before serving.

Oven temperatures vary so the banana bread may not need the full one and a half hours to cook through. Check the progress of the banana bread regularly to make sure it is not burning. If the top of the loaf is browning too quickly, but a skewer inserted into the centre does not come out clean, cover the loaf with aluminium foil and continue cooking until a skewer pushed into the centre of the loaf comes out clean.

