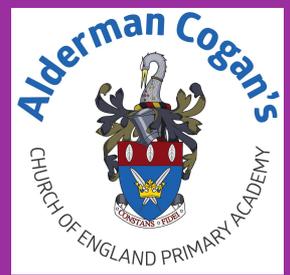


# ALDERMAN COGAN'S CHURCH OF ENGLAND PRIMARY SCHOOL ACADEMY'S WELLBEING NEWSLETTER



We are all 'wonderfully made' by God and loved by Him just as we are.

PEACE, TRUST, FRIENDSHIP

22ND JANUARY 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

Please see this week's wellbeing newsletter as we enter the third week of lockdown.

As always our children in school and at home have continued to work hard. Please remember to encourage your children to take time for themselves by:

- Being realistic about what you can do
- Making times for breaks and exercise throughout the day

We know you will all be doing your best and our priority is for the children to be kept safe and healthy. Take care and do remember that you can email or ring the school if you want to talk anything through.

Mrs Malster-Hinett & The Wellbeing and Pastoral Team.

## CREATIVE CHALLENGE

Creative Science Challenge  
Caterpillar to Butterfly



<https://theeducatorsspinonit.com/caterpillar-to-butterfly-science->

Have fun! Let me know how you get on!

### Ingredients

- 200g **hummus**
- 1 **small lemon** , zested and juiced
- 200g pouch cooked mixed grains (we used Merchant Gourmet red rice & quinoa)
- 150g **baby spinach** , roughly chopped
- 1 **small avocado** , halved and sliced
- 1 cooked **chicken breast** , sliced at an angle
- 100g **pomegranate seeds**
- ½ **red onion** , finely sliced
- 2 tbsp **toasted almonds**



### QUICK CHICKEN HUMMUS BOWL



#### 1. STEP 1

Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing. Squeeze the grain pouch to separate the grains, then divide between two shallow bowls and toss through the dressing. Top each bowl with a handful of the spinach.

#### 2. STEP 2

Squeeze the remaining lemon juice over the avocado halves, then add one half to each bowl. Divide the chicken, pomegranate seeds, onion, almonds and remaining hummus between the two bowls and gently mix everything together just before eating.

# MINDFUL MOMENT

Glitter and Sparkle!  
Have a go at making a Glitter Jar

Glitter jars are a useful mindfulness tool at home and at school. Watching the glitter swirl to the bottom of the jar gives children time to calm down and regain control.



<https://www.youtube.com/watch?v=TMUrRnj68wI>

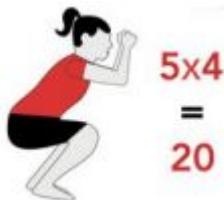


## KEEP ACTIVE

Active Learning Challenge

### How to Play!

- With a partner or in a small group decide on a focus times table
- Take it in turns to squat and shout out the correct multiples in order e.g. for 5 times table; 5, 10, 15, 20 etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answer?



Have fun, keep a record and try and beat your personal best!

#### Gold Star

Call out the times table backwards in a random order

#### Silver Star

Call out the times table backwards

#### Bronze Star

Complete a times table of your choice in order

## FAMILY TIME TOGETHER

### Make your own woodland theatre

Is your family missing stage shows and musicals? Then have a go at transforming a shoebox into a mini theatre for your children to create their own plays. It's a wonderful way to encourage them to use their imaginations too.

Paint a woodland backdrop and scenery, or use images cut out from magazines or old Christmas cards and glue them inside your box. Lay some fabric inside the base of your box to make the forest floor. To make your performers, draw or cut out pictures of animals and people. Attach them to sticks so you can easily move them around the stage.

Now you're ready for the show to begin!



TO THE WORLD YOU MAY  
BE ONE PERSON,  
BUT TO ONE PERSON YOU  
MAY BE THE WORLD.

Dr. Seuss