

# 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

8TH JANUARY 2021

## Happy New Year!

We hope you are all well and have had a safe and relaxing festive break. The Christmas break seems to have flown by and New Year is now upon us.

At Alderman Cogan, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

During this National Lockdown, our aim is to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.

Our weekly wellbeing letters will help us to feel supported and together as a whole school family. They will offer mental health and wellbeing tips along with agencies who can help us to overcome difficulties and achieve what we want out of life.

Mrs Malster-Hinett & The Wellbeing and Pastoral Team.

## CREATIVE CHALLENGE

### The Season's Tree Project

This project is inspired by the changing seasons. We are all experiencing a lot of change now during the coronavirus pandemic. This Seasons Tree project can offer you and your child some creative respite, and a gentle way to think together about the theme of change. As the adult supporting your child, the aim of the project is for you to encourage them to create something they want to make. By supporting them on their artistic journey we hope that you can celebrate their creativity together.



### Ingredients

- 1½ tbsp rapeseed oil
- 1 onion, finely chopped
- 2 red peppers, deseeded and sliced
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 100g giant couscous
- 500ml hot vegetable stock
- 12 pork meatballs
- 150g baby spinach

## MEATBALLS IN TOMATO SOUP



- ½ small bunch of basil
- grated parmesan, to serve (optional)

### Method

#### STEP 1

Heat the oil in a saucepan. Fry the onion and peppers for 7 mins, then stir through the garlic and chilli flakes and cook for 1 min. Add the tomatoes, giant couscous and veg stock and bring to a simmer.

#### STEP 2

Season to taste, then add the meatballs and spinach. Simmer for 5-7 mins or until cooked through. Ladle into bowls and top with the basil and some parmesan, if you like.

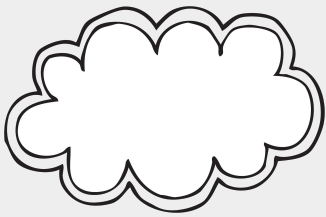


# MINDFUL MOMENT

In a time of uncertainty it is normal to feel worried or sad because things are different. If you feel like this, it can help to think about your happy place. A place where you feel safe and secure, a place that holds special memories or even a place where you feel very happy.

Cut out a cloud shape and complete by drawing your happy place inside it and explain:

- Where it is?
- Why it makes you happy?
- Any other relevant details
- What you can see, smell or hear in this place



MY HAPPY PLACE



## KEEPING ACTIVE

Getting fresh air and outside can do our wellbeing the world of good. However, with the weather not being so great recently - why not try this 25 minute video Yoga for Kids.

Click on the link below to take you to the workout:

[Yoga for Kids!](#)



Follow along as Sophia Khan leads a fun and family-friendly introduction to yoga. You'll get to warm up, practice breathing and poses, and relax into a power down.

## FAMILY TIME TOGETHER



The presents have been opened, the puddings eaten and lots of carols sung - and now it feels like Christmas has been and gone for another year. But 6th January marks an important date for many people in the Christmas calendar. That is because it is the date of something called Epiphany.

### What is Epiphany?

Epiphany - also known as Three Kings' Day - is a Christian festival, which starts on 6 January. It is a special date in the Christmas story as it's when people celebrate how a star led the Magi - also known as the Three kings or the Wise Men - to visit the baby Jesus after he had been born.

As a family try these star activities:

**Star search:** each day, someone in the family places a star in a different place around the house. Younger children can search for it and then move the Magi to that place.

**Star tour:** make a string of stars. Label each one with a different word: homeless, fighting, hungry, lonely, frightened, hurting, laughing, crying, hiding, running, working, singing, loving, searching. Choose one each day and pray that God's star light would be close to those in that situation.

**Star gift:** make a small gift box and decorate it with stars. Place a simple gift inside or a promise of something such as tidying up or walking the dog. Offer it as a gift to someone today, one of the 12 days of Christmas.

