

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

23RD APRIL 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

This week the children have continued to work hard and have shown a positive attitude in everything that they do.

We hope that this newsletter will give you and your family some exciting ideas to try out over the weekend. As always please feel free to contact school if you require any further wellbeing information or support.

Thank you

Mrs Malster-Hinett & The Pupil and Family Wellbeing Team.

CREATIVE CHALLENGE

Toilet Roll Tube Dragons!



St George's Day in England remembers St George, England's patron saint.

Pineapple and Pork Skewers

Ingredients

- 400g [pork fillet](#)
- 4 tbsp [light muscovado sugar](#)
- 60ml cider vinegar
- 1 tsp [fish sauce](#)
- ½ small [pineapple](#) , peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)
- 1 [green pepper](#) , deseeded and cut into squares (optional)
- 4 [spring onions](#) , trimmed and cut into 4 equal lengths
- small bunch coriander , chopped (optional)
- [cooked rice](#) or pitta, to serve



STEP 1

Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

STEP 2

Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a [griddle pan](#). Thread the pork and pineapple onto skewers, alternating pieces with the pepper and spring onion.

STEP 3

Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Sprinkle with coriander, if you like, then serve with rice or slide into pitta breads.

Go on a

SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Planting Seeds

This week the children have been learning about the Parable of the Sower. The children watched this animation during their Collective Worship. [The Parable Of The Sower - Animation](#)

The farmer in this parable planted seeds in four different types of soil. Only one of the soils produced a good crop. Jesus explained that the soils represented people's hearts. When the word of God is planted in a good heart then good things will be produced in the life of that person.

The children this week have been planting their own seeds so that they can see them grow. Why not together as a family, plant some seeds of your own.

Or alternatively, you could try your hand at being creative with some of the following ideas:



KEEPING ACTIVE

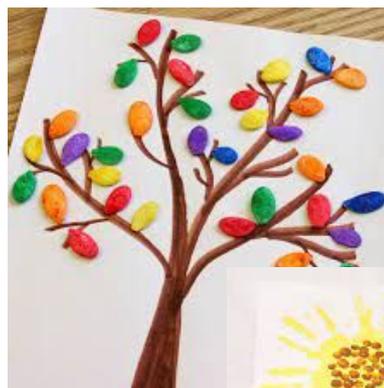
Keep fit by Practising your x2 or x7 times tables.



[KS1 Maths: The 2 Times Table with Bridget the Lioness](#)



[KS2 Maths: The 7 Times Table with Moonbeam](#)



*"Your Soul
is the power and
core of who you are.
Feed it well"*