



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

10TH SEPTEMBER 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

Welcome to our first wellbeing letter of the new academic year. How wonderful this week has been! We have welcomed all of our children back and seen excited and happy faces, some understandable initial anxieties but they have soon been overcome and children across the whole school are happy and settled.

Morning check-ins have been a delight, with the children eager to tell their class teachers about all the exciting things they have been doing over the Summer with their families.

The children are enjoying seeing their friends and playing together, it's lovely to hear the chatter on the playground and see the games being played. The HUB continues to be a thriving area within our school with children eager to come and share their experiences with the Team. The Wellbeing Team are looking forward to working closely with our parents, families and children in a variety of different ways this term, and are always on hand if you would like to speak to anyone on a more personal basis.

Mrs Malster-Hinett & The WEB team

CREATIVE CHALLENGE

Why not have a go at some Christian Art and Craft...



Then bring your artwork to school and it to your reflection journal and explain why you decided to create the art work.

Ingredients

- 2 chicken breasts
- 320g sheet all butter puff pastry
- 150g Boursin or garlic & herb cream cheese
- ½ lemon, zested and cut into wedges to serve
- 1 tbsp olive oil, plus extra for brushing
- 200g mixed pack green beans and broccoli



APPLE, CHEESE AND POTATO PIE

STEP 1

Heat oven to 220C/200C Fan/gas 7. Cut a slit halfway in each chicken breast, then put each one between two pieces of baking parchment and bash with a [rolling pin](#) to flatten slightly.

STEP 2

Cut your sheet of pastry in half widthways and put both halves on a baking tray. Sit a chicken breast on top of each half, then cram the cavities with the Boursin (don't worry if a bit of cheese oozes out). Season, scatter over the lemon zest then fold the edges of the pastry in to the centre and pinch shut. Flip each parcel over so the seal is on the bottom. Brush with a little oil, then bake for 30 mins until deep golden.

STEP 3

About 10 mins before your parcels are ready, steam or boil the greens until tender. Toss in the oil and season. Serve alongside your chicken parcels with lemon wedges for squeezing over.





GROWTH MINDSET



DEVELOPING A GROWTH MINDSET



KEEPING ACTIVE

Keep Fit and Healthy



Swimming at Woodford Leisure Centre

<https://www.hcandl.co.uk/sport-and-leisure-and-parks/memberships-classes-and-prices/price-list>

Find a pool with water chutes, flumes, waves and other fun features and the children will have hours of fun. Most adults like an excuse to slide down a water chute, too.

Bring inflatable balls to throw around, a set of rings to collect from the bottom of the pool, and anything else you can use to create fun games.

Get imaginative, and competitive. Play variations of the game called Tag, or see who can hold on to the edge of the pool and kick their legs for the longest (very tiring, but great for the muscles!).

FAMILY FEEL GOOD FRIDAYS!

Starting this week is our Feel Good Friday. Each week there will be a "Brain Buster" and a "Curious Challenge" to try out with your family and friends.

The Brain Booster helps you to look after your mental health and the Curious Challenge encourages you to use your thinking skills or complete an outdoor learning activity.

Brain Booster Activity: Dragon Breathing.

Practice dragon breathing, by breathing in through your nose and imagining that you are inhaling courage or calmness, then breathe out through your mouth loudly like a dragon breathing out fire! Imagine that all of your anger or worry is leaving you and being burned up in the dragon's fire.



Curious Challenge: Build a den outside.

What can you find outside to create a shelter? Big twigs and branches are great natural resources when paired with string or twine to help you build a shelter. Create a plan and then build it! Can you make it waterproof and test out if you stay dry inside?



Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.

- Margaret Cho