

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

17TH SEPTEMBER 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

Welcome to our second wellbeing letter of the new academic year.

The HUB has again seen many children accessing friendship groups and wellbeing activities. Quite a few children have been working on creating a large mosaic, which when complete will display our Christian Values of Peace, Trust and Friendship.

The start of a new term can be very tiring for some of our children. It has been brought to our attention that some children are struggling to get to school on time. Please do contact the WEB team if you require any support or assistance.

Mrs Malster-Hinett & The WEB team



CREATIVE CHALLENGE

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



Mrs McCloud and Mrs Betts started their after school Christian Art and Craft club - the children this week really enjoyed creating faces of generosity and displaying them around the school.

Ingredients

- 4 tbsp olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, finely sliced
- 250g chargrilled Mediterranean veg
- 400g can chopped tomatoes
- 1 tbsp small capers
- 2 tbsp raisins
- 350g rigatoni, penne or another short pasta shape
- bunch basil leaves, picked
- parmesan, shaved, to serve



CAPONATA PASTA

STEP 1

Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.

STEP 2

Tip in the mixed veg, tomatoes, capers and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.

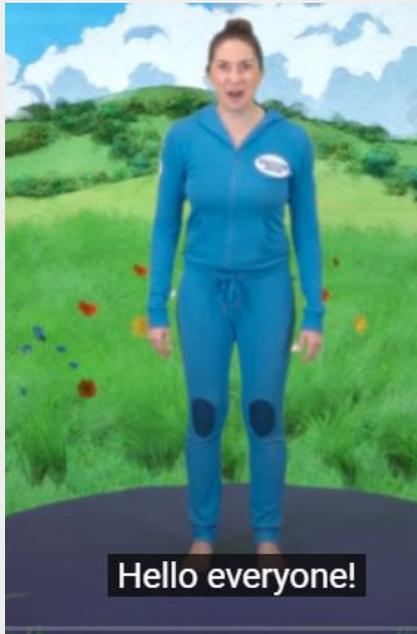
STEP 3

Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan





TRY SOME YOGA



[We're Going on a Bear Hunt](#)



KEEPING ACTIVE

Keep Fit and Healthy

KS1 Maths: The 4 Times Table with Cyril the Swan



[Practice your 4 Times Tables](#)

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: Noticing our surroundings.

Sit comfortably with your back straight and your hands relaxed on your knees. Close your eyes, relax and listen to the sounds in the room. What could you hear? Did you feel relaxed listening to the sounds? Was it difficult? Repeat this exercise and count how many sounds you can hear

Curious Challenge: Create a home for wildlife

All sorts of animals need homes, so why not try making a bug hotel, a house for a hedgehog, or even a motel for a household pet? Think about the creature you're making a home for - does it need to be warm, light, dry, dark, cold, or wet?

