

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

1ST OCTOBER 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

This week we would like to draw your attention to the upcoming event:

HELLO YELLOW!

On the 8th October 2021, our school will be joining with Young Minds UK to support them in showing children and young people that they are not alone when dealing with their mental health.

It's normal for all of us, including our children to have ups and downs, and at times this last year, might have been more down than up.

We've all had worries, this could be around school, tests, homelife, feeling alone, uncertainty or things that are shown on the television or social media... but it's the little things that make us smile that help us get through each day. Sunshine in the morning, hearing the birds singing, seeing the dew glistening on the grass, finding that shiny brown conker on the way to school, a favourite song on the radio, the teacher who listens and understands, the friend who gives a caring smile.

Things can and will get better. Our school getting involved in **HELLO YELLOW** for World Mental Health Day is a little thing that we can do that will make a big difference to Young People's Mental Health.

More information will be shared next week.

WEB Team

Mrs Malster-Hinett & The WEB team

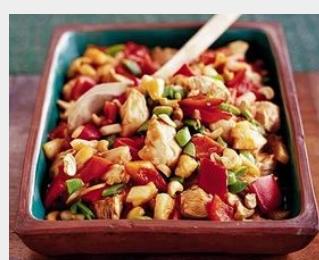
Ingredients

- 9 tbsp tomato ketchup
- 3 tbsp malt vinegar
- 4 tbsp dark muscovado sugar
- 2 garlic cloves, crushed
- 4 skinless chicken breast cut into chunks
- 1 small onion, roughly chopped
- 2 red peppers, seeded and cut into chunks
- 227g can pineapple pieces in juice, drained
- 100g sugar snap peas, roughly sliced

EASY SWEET AND SOUR CHICKEN

STEP 1

In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers. Microwave, uncovered, on high for 8-10 mins until the chicken is starting to cook and the sauce is sizzling.



STEP 2

Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 mins until the chicken is completely cooked. Leave to stand for a few minutes, then stir in the cashews, if using, and serve.



CREATIVE CHALLENGE

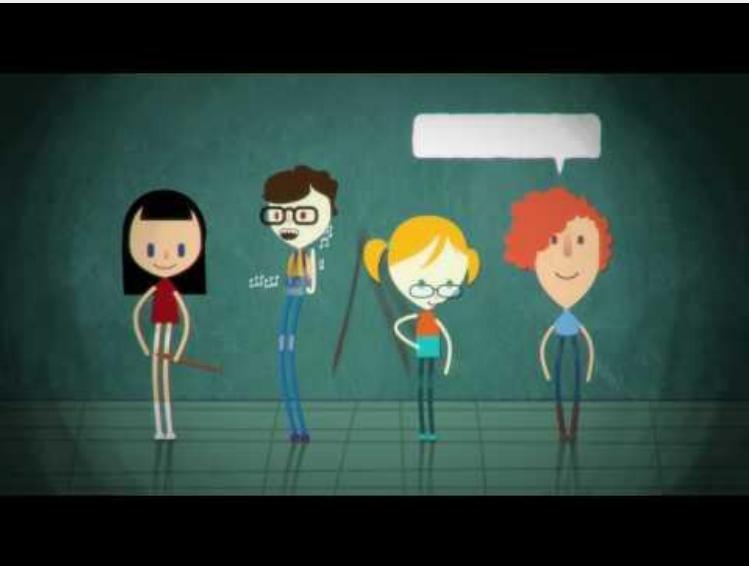
Listen to the story of A Room for Elisha and then have a go at creating her room.



The Christian Art and Craft club run by our TA Worship Leaders, continues to be a very popular after school club. After half term other children will be given the opportunity to join.



ALL ABOUT AUTISM



Let's Learn a Little About Autism

KEEPING ACTIVE

Keep Fit and Healthy

KS2 Maths: The 9 Times Table with Unicorn!



Supermovers! Times 9 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: Exploring how we see ourselves

You and a friend fold a piece of paper in half. On one half, create a picture of yourself to show what you look like and how you feel. On the other, create a picture of a friend or family member. Together, compare all four pictures - talk about what is the same or different between the way you see yourself and the way your partner sees you.



Curious Challenge: Listen and create sounds outside.

A blade of grass makes an amazing noise when you know what to do with it. Try blowing it, rubbing it, squeezing it etc. A couple of stones and a tree stump can double as a wild drum. Have you ever stopped to quietly notice what sounds nature makes in your garden?

A generous person will prosper;
whoever refreshes others will be refreshed.
Proverbs 11:25



LOOK AFTER YOURSELVES

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