

# 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

24TH SEPTEMBER 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

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

The RP HUB continues to be a popular lunchtime and playtime place for children to have either quiet time or play friendship games.

One young man, in Year 6, spent his time today, writing me a letter:

"Dear Mrs Malster-Hinett,

The boys in my class and some girls would like to ask if we could have a box of balls and other play things. This is because some of them are no longer any good and some have been lost.

The boys would also like to have a goal on the field, it would be really good if you could do this."

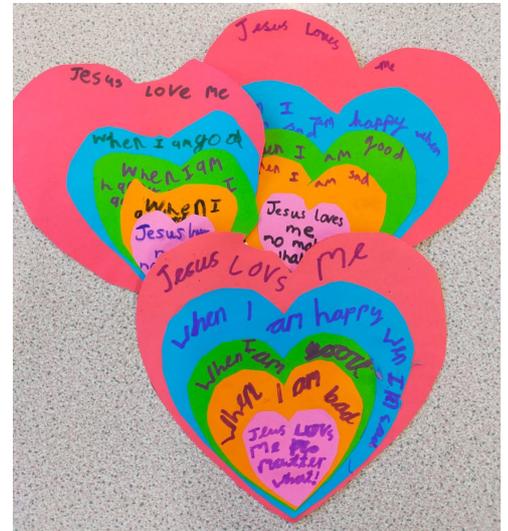
From Chib Yr6 School Council Member.

It is great that Chib has been able to have this time in Hub to create this letter.

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

- 200g peanut butter (crunchy or smooth is fine)
- 175g golden caster sugar
- 75g dark chocolate, chopped into chunks
- 1 large egg

#### For the ice cream

- 3 bananas, peeled, chopped and frozen in advance
- 2 tbsp double cream
- 1 tsp vanilla essence



### QUICK BANANA ICE CREAM SANDWICHES

#### STEP 1

Heat oven to 180C/fan 160C/gas 4 and line two large [baking sheets](#) with baking parchment. Put the peanut butter, sugar, ¼ tsp fine table salt and chocolate chunks in a [bowl](#) and mix well with a wooden spoon. Crack in the egg and mix again until the mixture clumps together and forms a dough.

#### STEP 2

Break off chunks of dough and arrange them, spaced apart, on the sheets. Press the cookies down with the back of a fork to squash them a little. Bake for about 12 mins until golden around the edges and paler in the centre. Leave to cool on the trays for 5 mins.

#### STEP 3

Meanwhile, put the bananas, cream and vanilla in a [food processor](#) and blend until they make a thick ice cream. Scoop into balls with an ice cream scoop, and sandwich between the cookies. Serve immediately.



# TRY SOME YOGA



[Squish the Fish - Cosmic Yoga Adventure](#)



## KEEPING ACTIVE

Keep Fit and Healthy

## KS2 Maths: The 3 Times Table with Professor Pipette!



[KS2 Times Tables Practice x3](#)

## 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: Connecting with our bodies.

Wake up your brain by doing two different things at the same time, on opposite sides of your body! Stand or sit with your feet touching the floor. Try to tap one foot up and down and count to five. While you are tapping, wiggle the fingers of the hand on the opposite side. Switch sides and count to five. Switch sides as many times as you can. Remember to laugh if you make a mistake.

### Curious Challenge: Bird watching.

Watch birds fly, sing, chat to each other and eat their food by finding somewhere quiet to sit, watch and wait. See how many you can spot - maybe you could create a bird spotting diary that you update with the time of day and where you spotted the bird in your garden.

