



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

8TH OCTOBER 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

HELLO YELLOW!

How fantastic all of our children look today in their yellow clothes and accessories. We thank you, as parents, for supporting us in this. The children have enjoyed a fun filled day of activities. They were all excited to have the yellow buns and biscuits as part of their tuck shop this morning. The children enjoyed icing them yesterday in preparation for today. We have seen a variety of activities throughout the school; there have been calming and relaxing activities that focus on breathing; we have had classes being more energetic with sports activities on the field and dancing on the playground! Children have been baking, playing games, painting and completing craft activities in the classrooms - a fun day for everyone!

We thank you for your generous donations and will be sending the final total off to Young Minds to help them with their support of young people's mental health. Most classes watched an assembly from Young Minds which is also available on You Tube, in addition to this you can also follow hashtag HelloYellow on twitter and look out for photographs of our day on the 'Cogan Twitter page.

Mrs Malster-Hinett & The WEB team



HELLO YELLOW!



Ingredients

- 110g/4oz **butter** or margarine, softened at room temperature
- 110g/4oz **caster sugar**
- 2 free-range **eggs**, lightly beaten
- 1 tsp **vanilla extract**
- 110g/4oz **self-raising flour**
- 1-2 tbsp **milk**



QUICK FAIRY CAKES

Preheat the oven to 180C/350F/Gas 4 and line 2 x 12-hole fairy cake tins with paper cases.

1. Cream the butter and sugar together in a bowl until pale. Beat in the eggs, a little at a time, and stir in the vanilla extract.
2. Fold in the flour using a large metal spoon. Add a little milk until the mixture is a soft dropping consistency and spoon the mixture into the paper cases until they are half full.
3. Bake in the oven for 8-10 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 10 minutes, then remove from the tin and cool on a wire rack.
4. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
5. To ice the fairy cakes, drizzle the icing over the cakes, sprinkle with decorations and set aside until the icing hardens.

For the icing

- 300g/10½oz **icing sugar**
- 2-3 tbsp water
- 2-3 drops **food colouring**
- hundreds and thousands, or other cake decorations

TRY SOME YOGA



[Kids Yoga For World Mental Health Day!](#) 
[Yoga Club \(Week 62\) | Cosmic Kids Yoga](#)



KEEPING ACTIVE

Keep Fit and Healthy

KS2 Maths: The 8 Times Table with Filbert Fox!



[KS2 Maths: The 8 Times Table with Filbert Fox](#)

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: Cloud Watching

Spend some time looking at the clouds as they move. Can you see any shapes or pictures in the clouds? Notice how you are breathing and take a deep breath in and out. Look for any changes in the sky, relaxing your body and mind.



Curious Challenge: Get to know a tree!

Crouch down to look at the roots of your tree, or explore and consider whether anybody could clamber to the very top of its branches. Measure how wide its trunk is with your arms. Use your hands to feel the texture of its bark - is it bumpy, rough or smooth? You could make a rubbing with paper and a crayon to reveal the lines and patterns. Maybe even create a fact file about your tree!

Mental health is not a destination, but a process. It's about how you drive, not where you're going

