

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

12TH MARCH 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

Finally we have all the children back in school! It has been so lovely to see everyone, learn new names and meet more parents on the school gates.

This week has been so important in ensuring that all our children's mental health and wellbeing has been fully supported and monitored. Class teachers have provided children with wellbeing activities and have facilitated lots of Restorative Practice Check in circles to ensure that all children are given the opportunity to share how they feeling.

As always if you have any concerns please feel free to contact the Web Team.

Please keep safe and well.

Mrs Malster-Hinett and Web Team.

CREATIVE CHALLENGE

Creative Science Challenge

Have a go at Ice Fishing!



[Science Experiments for Kids - Ice Fishing](#)

[Chirp Science: FISHING FOR ICE!](#)

Ingredients

APPLE CRUMBLE SUNDAE

- 2 tbsp [butter](#)
- 4 Granny Smiths apples, cored and diced
- 1 tsp [ground cinnamon](#)
- 2 tbsp [light brown sugar](#)
- 8 scoops vanilla ice cream
- 2 ginger nuts biscuits, crushed



STEP 1

Melt the butter over a gentle heat and add the apples, cinnamon and sugar. Cook for 10 mins

STEP 2

Split the mixture between four sundae glasses or bowls. Sit 2 scoops of ice cream on top of each, followed by the crushed biscuits. Serve while the apple mix is still warm.



MINDFUL MOMENT

Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your children excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Take your child somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Ask your child how they feel after a few rounds of trying either of these poses. You may be surprised.



KEEPING ACTIVE

Just Dance Waka Waka!
Have a go at some of these dance football moves to keep you active and physically fit. The music is great!



[Just Dance 2018 • Waka Waka \(Football Version\)](#)

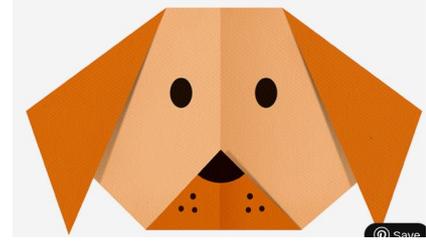
Let me know if you tried some of the moves and maybe we could try them together in the playground.

Keep Active, Keep Fit!

FAMILY TIME TOGETHER

Try to your hand at Origami!

Origami is a fun art of making creative things by folding papers. Have a go at these two activities:



1. Take a square origami paper and fold it to make a triangle.
2. Then fold the two top corners of the triangle to make the dog's ears.
3. Fold the upper layer of the bottom corner up to make the dog's nose.
4. Then make the eyes, nose, and tongue to complete the dog's face.



1. Take a 6-inch square origami paper and fold it toward the bottom.
2. Now, fold the paper in half. Crease well and then unfold.
3. Fold the left and right tips of the paper towards each other.
4. Now again fold the left and right tips upwards at an angle. It will form the ears.
5. Now make two more folds, folding the tips back slightly.
6. Fold the upper layer of the bottom tip to form the chin.
7. Flip over and then fold the bottom tip again. Now fold again to make the bear's mouth.
8. Draw the bear's mouth, nose and eyes with a black felt tip

