

# 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

26TH FEBRUARY 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

With the wider reopening date of the 8th March drawing closer, we will hopefully see the lockdown restrictions begin to ease. However, until then we will continue to send out our weekly wellbeing letter to ensure that we provide you and your family with a range of mental health and wellbeing activities.

May I also take this opportunity to remind you and your family that we are here to support and help in anyway that we can.

We look forward to seeing all the children back to school soon.

Mrs Malster-Hinett and the Pupil, Family Support Team.



## CREATIVE CHALLENGE

### Send a hug via the post!

One of the sad realities of the COVID-19 pandemic is not being able to see a lot of our friends and relatives, especially those who are in high-risk groups. And even if we do get to see them, we have to practice social distancing.

Simply cut out your handprints and connect them with string, it's a portable hug that says, "I miss you."



## Ingredients

## QUICK CAESAR SALAD WITH ROAST CHICKEN & BACON



- 4 [chicken breasts](#) , skin on
- 8 [slices streaky bacon](#)
- 1 [garlic clove](#) , crushed
- [juice ½ lemon](#)
- 3 tbsp [natural yogurt](#)
- 3 tbsp [olive oil](#)
- 50g [parmesan](#) , plus extra to serve
- Worcestershire sauce (optional)
- 2 [small romaine lettuces](#)



### STEP 1

Heat oven to 200C/180C fan/gas 6. Season the chicken and place in a roasting tin. Drape the bacon around the chicken and roast for 15-20 mins until the bacon is crisp and the chicken just cooked through.

### STEP 2

In a bowl, mix the garlic, lemon juice, yogurt, oil and Parmesan. Discard the outer leaves of the lettuce and tear the rest over a platter, mixing gently with the dressing. Serve with the chicken and crisp bacon.

# MINDFUL MOMENT

## Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb, while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



Now watch this clip about starfish:

<https://www.bbc.co.uk/bitesize/clips/zpndtfr>

# KEEPING ACTIVE

## PE Activities to do from home

The following link will provide you and your family with a range of keeping active activities:

[PE Activities for Home Schooling for Key Stage 2+3](#)

The Dorset School Games Team are keen to help parents with activities and ideas to keep children active whilst at home, not only to keep them fit and healthy, but to provide activities where children have fun and learn through movement.

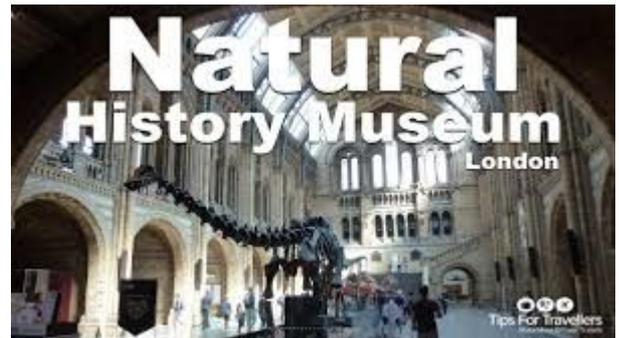


Keep Active, Keep Fit!

# FAMILY TIME TOGETHER

## Take a Virtual Trip To A Museum

<https://www.nhm.ac.uk/visit.html>



Explore from home: Many museums, art galleries and public spaces have closed their doors, but that doesn't mean their treasures are lost. Families can take virtual tours of museums and galleries, including the [Natural History Museum](#) in London (pictured), the [British Museum](#) in London, the [Van Gogh Museum](#) in Amsterdam and the [Guggenheim](#) in New York City, thanks to Google Art and Culture.

One of the highlights is Britain's Natural History Museum, which offers virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough.

The stunning visuals will keep your little ones entertained - and there are plenty of interesting facts to pick up along the way, too.

It always seems impossible until it's done.

Nelson Mandela