

# 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

16TH JULY 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

This year has been difficult in so many ways but also wonderful. We have seen our children grow in resilience and learn to deal with so many unprecedented situations. I am in awe of all the children who have been amazing throughout it all!

The HUB continues to support many children with their mental health, wellbeing and behaviour. This week Mrs Ketley has been working extremely hard with supporting children with extra transition work throughout the school.

Today they will come home with their end of year reports and you should feel incredibly proud of their achievements and talents.

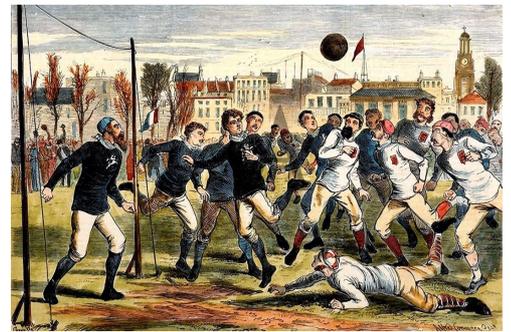
With only one week to go, please do not hesitate to contact us if you have any concerns or require any support. We are always here for you.

Mrs Malster-Hinett and the WEB Team.

## CREATIVE CHALLENGE

### History Challenge

With England playing in the finals of the UEFA European Championship this Sunday, this week's challenge is football themed...



Can you create a fun fact file of Football related facts? You could explore where football originated from, what people wore to play or even some of the interesting rules that were used during early games.

### Ingredients

- 4 tbsp olive oil
- 1 onion , finely chopped
- 2 garlic cloves , crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar , grated
- 50g grated mozzarella
- ½ small bunch of parsley , finely chopped

### CHICKEN PASTA BAKE



#### STEP 1

Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion for 10-12 mins. Add garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins.

#### STEP 2

Heat 1 tbsp of oil in a [non-stick frying pan](#). Season the chicken and fry for 5-7 mins.

#### STEP 3

Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into an ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins.



# GROWTH MINDSET



## KEEPING ACTIVE

Keep Fit and Healthy



Take a look at the exciting activities, quizzes and ideas on the Change 4 life website.

They recommend that children are active for at least 60 minutes each day. There are lots fun and engaging ways to get active from their ten minute shake-ups to and A to Z or games and activities that you can play at home with parents, guardians or siblings.

Follow the link below to explore what Change4life has to offer:

[Activities for Kids | Kids' Activities | Change4Life \(www.nhs.uk\)](#)

## FAMILY TIME TOGETHER

Why not take a trip to the Beverley Art Gallery to explore their new "Brick Wonders" exhibit?

Fans of Lego can visit this exciting new exhibition that features recreations in LEGO® bricks of amazing sights from around the world, curated by artist Warren Elsmore. Beginning with the seven wonders of the ancient world, the exhibition also takes in modern, natural, and historic wonders from all seven continents.



Entry to the exhibition is free but does need to be booked in advance. The exhibition is open from Saturday, July 3 until Saturday, October 2, 2021.

To book your tickets follow the link below:

[Brick Wonders \(eastridingmuseums.co.uk\)](http://eastridingmuseums.co.uk)

