

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

23RD JULY 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

In our school visiting The HUB has quickly become an integral part of the school day for lots of our children.

This term has seen children from across all year groups access The HUB for lots of different reasons; help with friendships, resolving conflict, rewards for good behaviour and acts of kindness, a quiet place for time to reflect and a space to share worries or concerns. The work done in The HUB is reflected in the way we then see our children go on to manage their feelings and emotions independently.

The WEB team have supported children in The HUB, with intervention for Speech and Language Therapy, bereavement support, anxiety, self-esteem to name but a few.

This term has seen a focus on supporting transition, and we have seen 18 of our Y6 children receive extra work to support moving on to Secondary Education and numerous children in years 1 and 2 have received extra sessions to help the transition to a new year group. Hopefully this will ensure the journey back into school in September is as smooth as possible for our children.

We look forward to continuing with our journey and helping our young people grow.

Mrs Malster-Hinett & The WEB team

CREATIVE CHALLENGE

Do you enjoy both art and nature? Take a look at the exciting 2021 Wild Art competition from the RSPB!



Can you create a collage, sketch, painting or sculpture that is inspired by your favourite animal?

Use the link below to learn more about how to enter. The competition closes on the 27th August.

<https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/>

Ingredients

500g lean beef or pork mince
1 onion , coarsely grated
1 egg , beaten
25g dried breadcrumbs
grated nutmeg
¼ tsp garlic powder
burger buns , sliced cheese,
lettuce, sliced tomato and
lingonberry sauce (optional), to
serve

SWEDISH MEATBALL BURGERS



STEP 1

Tip the mince, onion, egg, breadcrumbs, nutmeg and garlic powder into a large **bowl** and generously season with black pepper. Mix everything together using your hands, then shape the mixture into six patties. Transfer to a plate, cover and chill for 1 hr or up to a day.

STEP 2

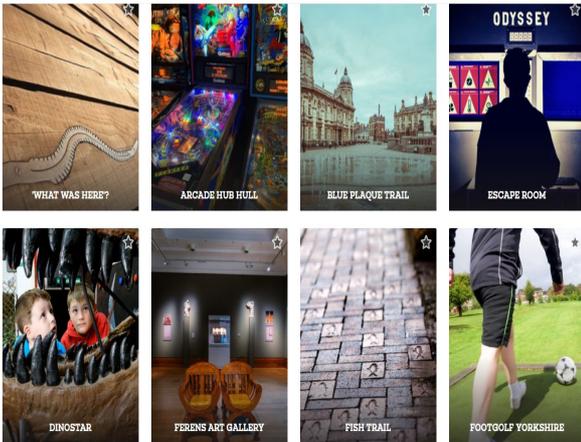
Heat a **barbecue** to medium or until a thin layer of coals has turned grey. Cook the burgers for 10 mins, turning occasionally, until lightly charred and cooked through. Top with sliced cheese during the final 2 mins of cooking time, if you like.

STEP 3

Serve the burgers in the buns topped with the lettuce, tomato and lingonberry sauce, if you like.

SUMMER DAYS OUT

Take look at the Visit Hull website for lots of family-friendly activities that are open over the summer holidays. From Go karting to Footgolf, Monster Villain Safaris to museums, there's lots to see and do this summer!



https://www.visithull.org/to-do/?filter=to_do_family_friendly

KEEPING ACTIVE

Keep Fit and Healthy

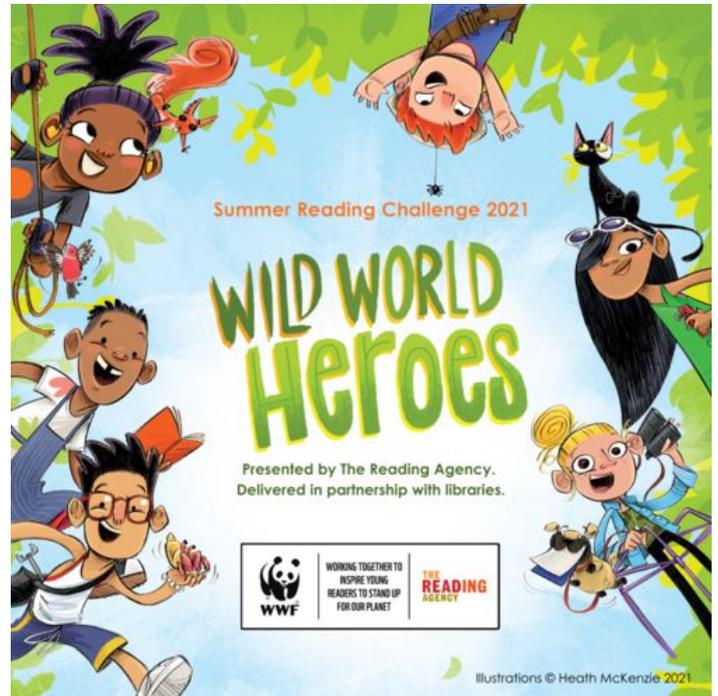
Here is an assortment of activities and ideas from BBC Good Food. They have put together over thirty-five activities for you and your family to take a look at over the summer holidays.



Whether it's growing your own herbs and vegetables to use in delicious recipes, crafting and creating things or playing fun games with your family, BBC Good Food have lots of activities to inspire you over the summer holidays!

Use the link below to discover the range of activities and crafts available online on the BBC Good Food Website:
<https://www.bbcgoodfood.com/howto/guide/kids-summer-activities>

FAMILY TIME TOGETHER



Go wild this summer with the 2021 Summer Reading Challenge!

Join the Wild World Heroes as you explore 6 books that inspire you to take care of our planet.

To get started, either visit your local library or sign up using the link below. You can share your books with parents, guardians, siblings or relatives as you work through the challenge and earn your certificate.

Click on the link below to find out more:

<https://summerreadingchallenge.org.uk/>



GROW WHAT MATTERS
ONE STEP
AT A TIME
LITTLE BY LITTLE YOUR
SEEDS WILL GROW

