

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

11TH JUNE 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

It has been lovely to welcome all our children back to school after our week off. Everyone has come back ready to learn and full of energy.

This week's wellbeing newsletter will hopefully offer all our families lots of activities to do outdoors as a family. Also included are some videos clips and ideas for children to watch and try out. We hope that these ideas will help them develop the life skill of the ability to show and understand empathy.

As always if you have any concerns or require any support please contact the Wellbeing team, where they will be happy to help.

Mrs Malster-Hinett & The WEB Team.

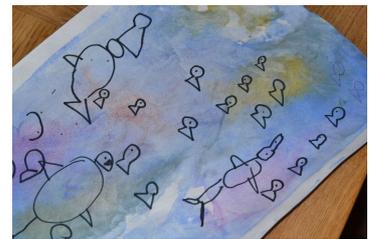


CREATIVE CHALLENGE

Art Challenge
Painting on Ice!



Simple freeze ice in a tray and then paint on top!
Place the paper on top and press down gently, rubbing all over.
Leave your paper to dry.
Wipe the remaining paint off the ice and paint again.
Next decorate your ice paint picture.



Ingredients

- 142ml [pot double cream](#)
- 2 tbsp [icing sugar](#)
- 12 [strawberries](#) , 4 left whole, rest chopped
- 4 [nectarines](#) , chopped into small chunks
- 4 scoops vanilla ice cream
- 4 [scoops good-quality berry sorbet](#) (we like Bottlegreen English Summer sorbet)



STRAWBERRY SHORTCAKE SLICE



STEP 1

Make the brittle: oil a baking sheet and set aside. Gently heat the caster sugar in a small, non-stick frying pan, stirring until dissolved. Add the nuts. When the sugar becomes a deep caramel, pour onto the baking sheet and leave until completely cold. Snap the brittle into pieces, then pulse in a food processor to coarse crumbs. Can be made up to a week ahead. Store in an airtight container.

STEP 2

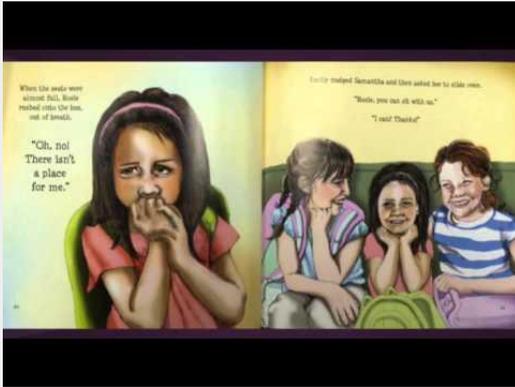
For the sauce, whizz the strawberries in a food processor until smooth. Sieve into a bowl, then stir in the icing sugar. Set aside.

STEP 3

To assemble the sundaes, whip the cream with the icing sugar until it just holds its shape. In a tall glass, layer up the chopped fruit, brittle, ice cream, sorbet and sauce, finishing with swirls of cream, more brittle and the whole strawberries.



EMPATHY



KEEPING ACTIVE

Keep Fit and Healthy Candy Balloon Relay!!

Balloons are always fun — especially when you race to pop them!

If you have any balloons left after this game, try these **crazy-fun balloon crafts** too!



For this outdoor game,

divide everyone into two teams.

Give each player a balloon with a sweet/ treat inside.

Each player must run to a designated spot, pop their balloon, open their candy, eat and swallow their candy and run back to tag the next player.

First, team to pop all their candy balloons wins!

Be sure to choose sweets that are not considered choking hazards.

FAMILY TIME TOGETHER

Hull's Family Festival is back!

Preparation is underway for the return of Hull's much loved family festival. The Big Malarky, this summer. After a year in which books and imagination provided escapism for all ages. The Malarky Festival, hosted by Hull Libraries, will bring together well-known authors and illustrators alongside local artists, creators and makers in a careful, considered and socially distanced way.

Hello World is the theme for this year's festival, which will once again take place in East Park on Saturday 26th and Sunday 27th June. The full line-up will be announced soon and includes: Chris Wormell, leading children's illustrator (Phillip Pullman's Book of Dust series) and creator of the hugely popular The Magic Place; Anne Fine, the second Children's Laureate, and prize-winning author of over 50 books for children including classics such as Madame Doubtfire, Bill's New Frock.



Empathy is

seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.