

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,

I would like to share with you the wonderful work that the WEB team have been doing with some of our children in the HUB. The HUB (Helping Us Belong) is a multi purpose provision within our school. Our aim is to provide a safe, welcoming and nurturing environment where pupils can come to share any worries they may have, have some quiet time, or enjoy sharing a game with a friend. There is space for reflection, alongside areas to promote social skills, independence and self confidence. A lot of our restorative intervention takes place in The HUB, this is proving to be very effective in allowing our pupils to express their feelings and become more aware of the impact their actions have on others. Small group interventions, Speech and Language Therapy sessions and Wellbeing intervention all take place in The HUB during the school day, with all children having free access to the provision during lunchtimes and playtimes, should they need it.

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

Science Challenge
How Many Coins To Sink A Boat!



Have a go!

Once you're happy the boat floats add coins slowly to find out how many coins it takes to make it sink.

Try spreading the coins out for the first attempt and then try again but place all the coins at one end.

Ingredients

- 1 tbsp olive oil
- 1 onion , finely chopped
- 2 garlic cloves , crushed
- 120g chorizo , diced
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 600g fresh gnocchi
- 125g mozzarella ball, cut into chunks
- small bunch of basil , torn
- green salad , to serve



CHORIZO & MOZZARELLA GNOCCHI BAKE

STEP 1

Heat the oil in a medium pan over a medium heat. Fry the onion and garlic for 8-10 mins until soft. Add the chorizo and fry for 5 mins more. Tip in the tomatoes and sugar, and season. Bring to a simmer, then add the gnocchi and cook for 8 mins, stirring often, until soft. Heat the grill to high.

STEP 2

Stir $\frac{3}{4}$ of the mozzarella and most of the basil through the gnocchi. Divide the mixture between six ovenproof ramekins, or put in one baking dish. Top with the remaining mozzarella, then grill for 3 mins, or until the cheese is melted and golden. Season, scatter over the remaining basil and serve with green salad.





MINDFULNESS MOMENT

NOW: A Wonderful Children's story about Mindfulness and Being in the Present.



We're always like thinking about the future. What tomorrow will bring and wanting things we haven't got but sometimes we need to look at the things we have right in front of us with gratitude. Sometimes what we have now is perfect. NOW is a story about a little girl who takes us on a tour through all of her favorite things, from the holes she digs to the hugs she gives, a wonderful book by author Antoinette Portis.



KEEPING ACTIVE

Keep Fit and Healthy Four Square

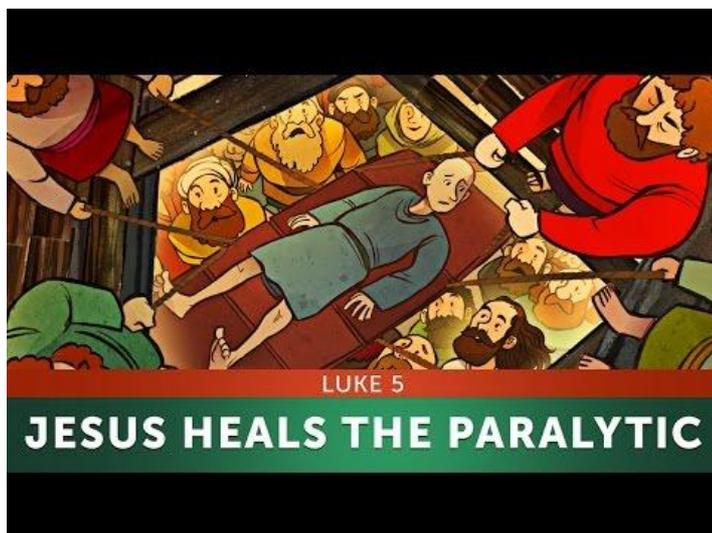
This ball game is played on a marked out square, which is further divided into four smaller squares, numbered one through four. One player stands in each of the squares, with the highest ranked player in number one, lowest in number four. You bounce the ball among the players, bouncing once in the other person's square before that person catches it. When I played this as a child, we had countless additional rules to choose from. The person in square one got to choose the rules. Anyone who violates the rules will have to move down in the ranking, or be eliminated with another player rotating in to square four.

Number of Players: Four, unless you take turns.

Equipment: A four square court or sidewalk chalk, a playground ball.

FAMILY TIME TOGETHER

This term the children are enjoying learning about the Miracles of Jesus. This week they learned about the miracle of Jesus healing a paralysed man.



Why not together have a go at some art and crafts to remind the children of this miracle.

