



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

21ST MAY 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

The weather this week has not been great or should I say very unreliable! The children have managed to continue to have their lunch breaks on the field where the weather has permitted. We are so lucky to have such a great space for all our children to play. Hopefully, when the weather improves we will be able to take more of our learning outdoors.

Even though there is only one week left until half term, the children have continued to work hard and enjoy their learning. Please remember to share our curriculum newsletter with your child to help celebrate their learning together.

In this week's wellbeing newsletter, Mr Prosser has popped in a maths challenge - have a go as a family and test your mathematical skills.

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

Maths Challenge

Weighing In

Line up a variety of fruits and veggies, such as oranges, bananas, cucumbers, kiwis, tomatoes, and bell peppers. Ask children to predict the order of the foods from lightest to heaviest. Use a scale to test their predictions, then rearrange the foods according to their actual weights.

Challenge: Slice each fruit in half. Invite children to analyse how the density of the fruit or vegetable affects its weight.



Ingredients

PIRI-PIRI CHICKEN

- 3 large [sweet potatoes](#) (about 900g), peeled and cut into large chunks
- oil, for drizzling
- 6-8 [chicken](#) thighs, skin left on
- 2 [red onions](#), cut into wedges
- 25g sachet [piri-piri](#) spice mix (or a mild version, if you like)
- 300g [long-stem broccoli](#)



1. **STEP 1**
Heat the oven to 180C/160C fan/gas 4. Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a very large [roasting tin](#). Push the potatoes to one end of the tin, then, in the other end, toss the chicken with the onions, spice mix, a drizzle of oil and some seasoning. Roast for 40 mins, stirring everything halfway through. Add the broccoli to the tin, drizzle with a little oil and season, then roast for 10-15 mins more.
2. **STEP 2**
Remove the chicken, onions and broccoli from the tin. Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions and serve from the tin in the middle of the table.





GROWTH MINDSET

What is a Growth Mindset?

A **growth mindset** is the belief that intelligence improves through study and practice. ... **Children with a growth mindset** tend to see challenges as opportunities to **grow** because they understand that they can improve their abilities by pushing themselves. If something is hard, they understand it will push them to get better.



KEEPING ACTIVE

Keep Fit and Healthy

Physical activity in children is important for a wide variety of reasons. It helps to reduce overweight and obesity, increases strength in muscles and bones and can even improve concentration at school. Exercise is a vital component of any child's development—laying the foundations for a healthy life.

Have fun with this Super Fun Kids Workout.



FAMILY TIME TOGETHER

This term the children have been learning about Jesus' parables. Next week, the children will learn about friendship - one of our school values. Why not get together and try this fun craft activity.



Trace round a hand and cut out.

Write the name of a friend on the palm of the cut out.

Underneath write 'High five for...'

On each finger write a reason why that friend should get a high five.

Repeat activity for other friends.

