

# 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

25TH JUNE 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

We hope that our weekly wellbeing newsletters continue to help support you and your family with fun activities to keep everyone entertained.

If you do try out any of these activities please let us know how you got on and if you would like to share some photos of this, please email them to the admin team: [admin.acs@ebor.academy](mailto:admin.acs@ebor.academy)

Unfortunately, we have had to close two of our year group bubbles in school. If your child, as a result of this, is feeling worried then please do not hesitate to contact us so that we can help.

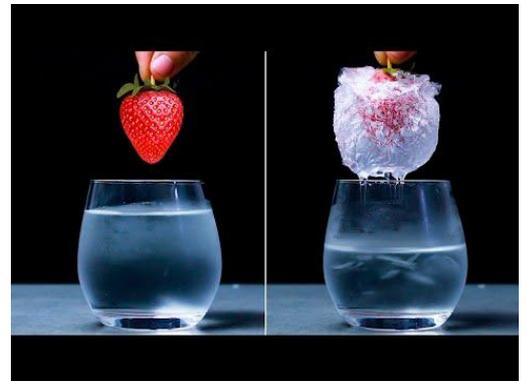
As always if you have any other concerns or require any support please contact the Wellbeing team, where they will be happy to help.

Mrs Malster-Hinett & The WEB Team.



## CREATIVE CHALLENGE

### Science Challenge



#### Have a go at these fun science experiments:

##### **Color changing walking water**

This is a super cool and easy experiment rainbow walking water using tissue paper and glass + food coloring

##### **Rainbow Rain Experiment**

Your kids will say WOW/wwwww when looking at this, it's awesome experiment using: Oil cooking and food coloring.

##### **Instant freeze water experiment**

This easy experiment you can try at home. put the water bottles into your refrigerator approximately 4-5hours and be careful taking it out DON'T SHAKE

## Ingredients

4 large chocolate muffins,  
crumbled  
50g large sultanas  
small knob of [butter](#),  
for greasing

### For the sauce

50g [light muscovado sugar](#)  
50g [butter](#)  
75ml [double cream](#)  
[vanilla](#) ice cream, to serve



## QUICK STICKY TOFFEE PUDDINGS

### STEP 1

Heat oven to 200C/180C fan/gas 6. Mix the muffins with the sultanas. Divide between 4 buttered ramekins or one baking dish. Cover with foil and bake for 8 mins until just warmed through.

### STEP 2

Meanwhile, place the sugar, butter and cream in a small pan and gently heat together, stirring until the sugar dissolves. Pour the sauce over the muffin mixture and serve warm with ice cream.



# MINDFULNESS MOMENT

The Magic Moment Book - A Podcast for children.



To coincide with the release of 'The Chill Skill', the latest in a series of bestselling Children's picture books by myself and illustrated by Emma Proctor, I have created a series of customised mindfulness mini-series to help the kids in your life find some space in their hectic days, to give their busy minds a well-earned rest.

## KEEPING ACTIVE

### Keep Fit and Healthy

#### Design an Obstacle Course!

Design an obstacle course for your household. Below is an example of an obstacle course to give you some ideas. Don't forget to warm up first, perhaps pick different parts of your body (legs, arms) and think of different ways to move them in order to warm them up. 1. Begin at section 1 by travelling in and out of cones (or another suitable object). 2. Hop or jump 4 times over cones. 3. Perform and hold a balance for 10 seconds (this could involve a balance with 1 or 2 hands on the floor or, this could be a standing or sitting balance). 4. Choose an interesting method of travel to reach part 5 (travelling on the floor, travelling as high or low as possible). 5. Part 5 is a throwing activity (throwing an object into a target and then putting it back for the next person to use). Can you explain your circuit to everyone in your household, perhaps even give them a demonstration on how to do it. Next time you could create another obstacle course, perhaps with different activities. You could even create an obstacle course with someone else in order to share ideas.

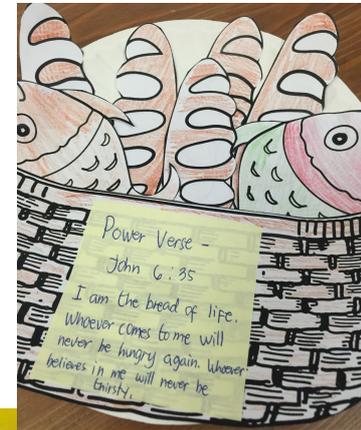


# FAMILY TIME TOGETHER

This term the children are enjoying learning about the Miracles of Jesus. This week they learned about the miracle of Jesus feeding the 5000 people.



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



THE STRONGEST PEOPLE ARE NOT THOSE WHO SHOW STRENGTH IN FRONT OF US BUT THOSE WHO WIN BATTLES WE KNOW NOTHING ABOUT.