

# 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

16TH APRIL 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

I hope that you have all had a relaxing Easter break and have managed to spend quality family time and have enjoyed meeting up with friends out in the open.

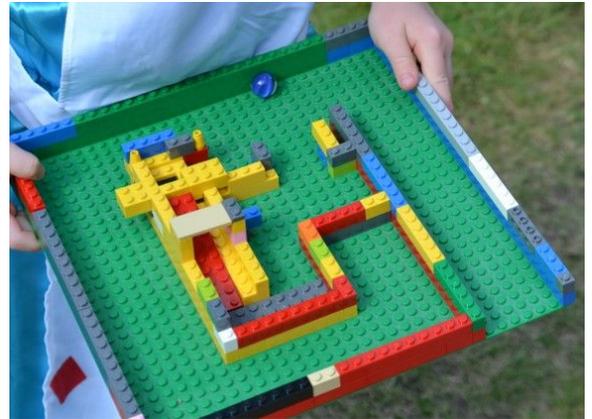
Our weekly wellbeing letters will continue because we understand the importance of supporting all our children, staff and parents in their wellbeing and mental health. At Alderman Cogan, we recognise that wellbeing, physical and mental health are all vital to successful learning.

Thank you

Mrs Malster-Hinett & The Pupil and Family Wellbeing Team.

## CREATIVE CHALLENGE

### Design Your Own Marble Maze



How wide will you make the maze path? Will there be any obstacles? Will there be any ramps? What could you add to make the maze smoother?



## EPIC SUMMER SALAD

### Ingredients

- 400g black beans , drained
- 2 large handfuls [baby spinach leaves](#) , roughly chopped
- 500g heritage tomatoes , chopped into large chunks
- ½ cucumber , halved lengthways, seeds scooped out and sliced
- 1 mango , peeled and chopped into chunks
- 1 [large red onion](#) , halved and finely sliced
- 6-8 [radishes](#) , sliced
- 2 [avocados](#) , peeled and sliced
- 100g [feta](#) , crumbled
- For the dressing**
- large bunch [mint](#)
- small bunch coriander
- small bunch [basil](#)
- 1 [green chilli](#) , deseeded
- 1 [small garlic clove](#)
- 100ml [extra virgin olive oil](#) or rapeseed oil
- 2 [limes](#) , zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp [honey](#)



### STEP 1

Make the dressing by blending all of the ingredients in a [food processor](#) (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

### STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

No cooking required just preparation, enjoy with friends and family.



# MINDFUL MOMENT

## Emotions

How are you feeling? Our emotions can be tricky to sometimes understand but what is important is understanding what we can do help change our negative emotions into positive ones. Click the link below and watch the Storybots clip.

<https://www.youtube.com/watch?v=akTRWJZMks0>



# KEEPING ACTIVE

Keep fit by Practising your x4 or x6 times tables.



[KS1 Maths: The 4 Times Table with Cyril the Swan](#)



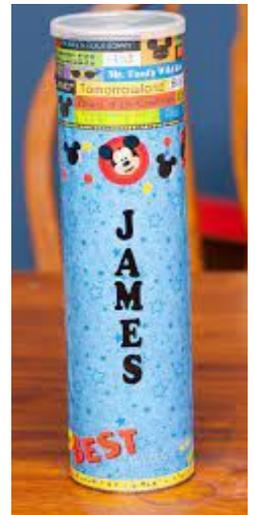
[KS2 Maths: The 6 Times Table with Fred the Red](#)

# FAMILY TIME TOGETHER

## Create Your Own Money Box



As the lockdown rules begin to ease and more shops open, why not work together to save some money, to buy things that you would like. Alternatively, you could save as a family for fun things to do during the summer holidays when more things are open to the public.



<https://www.youtube.com/watch?v=7EJWotQmt2Y>

