



# 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

19TH MARCH 2021

## WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,

Another very busy week in school completed. School has felt so alive again with chatter and laughter, seeing children playing with their friends in the sunshine is truly heartwarming and we are so happy to see everyone back in school.

Some children in year 2 have made their very own Easter gardens and they are excited to see how the plants will grow as they look after them.

We hope that you have some fun trying out some of these activities in our wellbeing letter.

Have a lovely weekend and well deserved rest. As always if you would like to contact our wellbeing team, then please do so.

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

## CREATIVE CHALLENGE

### Create an Animal Flip Book

#### Brain Buster:

A raven places hard-to-open nuts with tough shells on busy roads. It waits for a car to come by and run over the nut. After the car is safely gone, the raven swoops down and picks up the nut, which is now cracked open and ready to eat.

Have fun and try to create your own animal flip book. Follow the link below.

[How to create an Animal Flip Book](#)



### Butter-Roasted Cherry Tomato Pasta

#### Ingredients

- 400g/14oz **cherry tomatoes**
- 35g/1¼oz unsalted **butter**,
- 1 tsp **balsamic vinegar**
- 200–300g/7–10½oz **pasta** shapes
- sea salt and freshly ground **black pepper**
- **Parmesan** cheese, grated.



1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Tip the cherry tomatoes into a baking dish just big enough to hold them in a single layer. Scatter the butter over the tomatoes. Drizzle with the balsamic vinegar and season well with salt and pepper. Roast for 50 minutes, or until the tomatoes are tender and the butter and juices have formed a sauce.
3. When the tomatoes are near the end of their cooking time, cook the pasta in a large pan of boiling salted water according to packet instructions, or until just tender. Drain the pasta and return it to the pan.
4. Using a fork, lightly crush the tomatoes into their sauce. Add the tomatoes to the pasta, stir to mix, and cook over a medium heat for 3–4 minutes, until the glossy sauce coats the pasta.
5. Check the seasoning before serving with a generous sprinkling of cheese.



# MINDFUL MOMENT

## 7 Steps to Happiness

Think Less  Feel More

Frown Less  Smile More

Talk Less  Listen More

Judge Less  Accept More

Watch Less  Do More

Complain Less  Appreciate More

Fear Less  Love More

## FAMILY TIME TOGETHER

### Joining hands together



## KEEPING ACTIVE



**Yoga** works the body, mind, emotions and energy.

Did you know that **Yoga** helps strengthen **your body** and improves your flexibility?

**Yoga** is a great way to exercise, burn energy and express yourself!

### 'Hand of Abundance'

The idea is that you draw around your hand then draw, write or doodle about wither what you have in your life that you love or what you wish for the future.

We would love to see some of your creations!

