



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

26TH MARCH 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents and Carers,
This is our final Wellbeing Newsletter of the term. I hope that you and your family have enjoyed trying out some of the activities.
From myself and the wellbeing team, I would like to wish you all a Happy Easter, where you will be able to spend time with your family. Remember to rest, relax and recharge before we all see you return to school on Monday 12th April.

Thank you

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

CREATIVE CHALLENGE

Fun Easter Crafts



Carefully draw round your hand and see what Easter animal you can create!



Easter Simnel Cake

INGREDIENTS:

- 250g mixed dried fruit
- 1 [orange](#) , zested and juiced
- 500g pack [marzipan](#)
- 250g pack [butter](#) , softened
- 200g [light brown soft sugar](#)
- 4 [eggs](#) , plus 1 beaten to glaze
- 175g [plain flour](#)
- 100g [ground almonds](#)
- 1 tsp [baking powder](#)
- 1 [lemon](#) , zested
- 2 tsp mixed spice
- 1 tsp [vanilla extract](#)
- 100g glacé cherries , halved
- 3 tbsp apricot jam

STEP 1

Put the mixed dried fruit in a [bowl](#) with the orange juice and zest and 2 tbsp water. Cover and [microwave](#) for 2 mins, then leave to cool completely.

STEP 2

Heat oven to 150C. Roll out $\frac{1}{3}$ of the marzipan and use the base of a cake tin as a template to cut out a circle. Wrap any offcuts and the remaining two-thirds of marzipan and set aside for later. Butter and line the cake tin with a double layer of parchment. Beat the butter and sugar together until creamy. Add the eggs, flour, almonds, baking powder, lemon zest, mixed spice and vanilla (all in one go) and mix until well combined. Mix in the cooled soaked dried fruit and fold in the cherries.

STEP 3

Scrape half the cake mixture into the tin. Top with the disc of marzipan, then the remaining cake mixture, and level the top with a spatula. Bake for 2 hrs. Check it's cooked by inserting a skewer to the centre of the cake, if any wet mixture clings to the skewer, return to the oven for another 10 mins, then check again. Cool in the tin for 15 mins.

STEP 4

Brush the top of the cake with apricot jam. Roll out half of the remaining marzipan and use the base of the cake as a template to cut out another disc. Roll the remaining marzipan into 11 equal-sized balls for the apostles. Brush the marzipan with beaten egg and arrange the apostles in a circle on top around the outside, and brush them with a little egg too. Put under a hot grill for a minute or two until just starting to caramelize

MINDFUL MOMENT



Use the Easter Holidays to connect with family and friends who are far away by helping your children to make something special to send to them. Make it personal by adding a child's handprint

FAMILY TIME TOGETHER

Craft an Easter Bonnet



You'll need:

- A paper plate
- Assorted paper
- Two straws (optional)

1. If you're painting the plate, get your kids to do it now and leave it to dry.
2. You need to do the next bit, but once this is done you can leave them to decorate it ...
3. Cut a spiral from the edge of the paper plate into the middle
4. If you have two straws, you can use them to prop up the middle of the plate (hat). Just tape them to the brim and direct them inwards so they meet in the centre.
5. Now your child can decorate the hat with stickers and paper eggs, chicks and flowers.

Check out these other [Easter bonnet ideas](#) too!

KEEPING ACTIVE

Follow the bunny... he has the chocolate!

This [follow-the-leader](#) game is a fun way to get your little ones moving, and you know they'll love it when it's their turn to take the lead. Pick someone to be the "bunny" to hop and dance around the house, and have the others in the family copy what they do.

You can follow the bunny through an obstacle course, around furniture, or take it outside and do a series of fun moves and exercises. Jumping, turning, and racing are all solid choices that the entire family can have fun with, big or small!

