

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

28TH MAY 2021

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

The sun has finally arrived and so has half term! I hope that this week's wellbeing letter will provide you with lots of fun activities to try out.

Whatever you do, whether it is active or relaxing, I hope that you and your family have a great time over the half term. From myself and the WEB team, our message is simple: Rest, Relax and Recharge, ready for the last term of the academic year.

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

Writing Challenge

Look at the picture closely....

Imagine that this character has a secret.

What might their secret be?

Who knows about it?

What could happen because of their secret?



Ingredients

600ml [double cream](#)
1 tbsp [vanilla bean paste](#)
1 tbsp orange blossom water
125g [icing sugar](#) ,
plus 2 tbsp
500g shortcake biscuits ,
plus 3 crushed
350g [strawberries](#) ,
sliced



STRAWBERRY SHORTCAKE SLICE

STEP 1

Line a 20cm cake tin or dish with cling film, leaving an overhang. Whip 500ml of the cream, the vanilla, orange blossom water and 125g icing sugar with an electric [whisk](#) until thick and billowy.

STEP 2

Add a layer of biscuits to the tin, and spoon over some of the cream, about 1cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries, finishing on a layer of biscuit. You'll have some strawberries left over to serve. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.

STEP 3

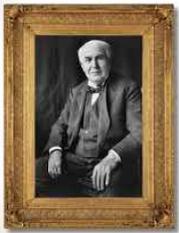
To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100ml cream with 1 tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sprinkle the biscuit crumbs in between the rows of strawberries. [Cut](#) into slices to serve.





GROWTH MINDSET

WE DON'T GROW WHEN THINGS ARE EASY; WE GROW WHEN WE FACE CHALLENGES.



KEEPING ACTIVE

Keep Fit and Healthy

As a family visit Woodford Leisure Centre and have a splashing time.



Family Swim £12

<https://www.hcandl.co.uk/sport-and-leisure-and-parks/memberships-classes-and-prices/price-list>

Remember to book in advance due to the Covid restrictions.

FAMILY TIME TOGETHER

Museums to visit in Hull:

1. **Streetlife Museum:** FREE admission, Climb aboard at the Streetlife Museum of Transport and enjoy all the sights, sounds and smells of the past.
2. **Ferens Art Gallery:** The Ferens has a magnificent collection of paintings and sculptures, including works by European Old Masters, portraiture, marine painting, and modern and contemporary British art.
3. **Wilberforce House: FREE admission,** Wilberforce House is the birthplace of William Wilberforce, famous campaigner against the slave trade. The museum tells the story of the transatlantic slave trade and its abolition, as well as dealing with contemporary slavery.
4. **Dinostar:** Visit Dinostar - Hull's Dinosaur Experience - the exciting, interactive dinosaur museum. A children's museum with dinosaurs! Highlights include a Tyrannosaurus rex skull, Triceratops bones you can touch and our interactive Sand Box where you can build a volcano!
5. **Skidby Windmill:** Skidby Mill is a working four-sailed tower windmill set in over an acre of land with magnificent views over the Yorkshire Wolds. The mill is unusual in still having all its original outbuildings around the courtyard.

“ Kindness is a gift everyone can afford to give. ”