



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 MARCH 2022

WELCOME TO THIS WEEK'S WELLBEING LETTER

Happy Friday everyone, and what a sunny one it is again today! This week, our school have been involved in the Big Walk and Wheel where we have seen an increase in the number of children being active and walking or cycling to school. Being active plays a huge part in a person's mental health as well as their physical health. A short walk to school can set the mind-set for the day and can help you start the day feeling energised and refreshed.

The Big Walk and Wheel continues next week where we will, again, encourage children to walk, cycle or scooter to school. Even if you live too far to walk, maybe try parking the car a couple of streets away to help get in the extra steps. See if you notice the difference.

Have a lovely weekend in the sunshine!

Mrs Malster-Hinett and the WEB Team.



CAUGHT BEING KIND!

We are very proud of the following children who have been caught being kind this week.

Eva Malton Y6
Allie-May Chapman Y1
Lily Smith Y6
Reece Birch Y6
Preston Hoyle Y6
Elsie Powdrill Y6
Marlie Hinds Y6
Harry Spiring Y6
Melody Savery Y6
Olly Pickering Y6
Andrew Martin Y6



EASY KEDGEREE

Ingredients

- 2 tbsp curry powder of your choice (we used madras)
- 300g basmati rice
- 600ml chicken stock
- 400g skinless smoked haddock
- 100g frozen peas



STEP 1

Heat the oven to 180C/160C fan/gas 4. Heat an ovenproof saucepan or flameproof casserole over a medium heat and toast the curry powder for 1 min. Stir in the rice to coat it in the curry powder, then pour over the stock. Bring to the boil, then lay the haddock on top. Cover. Cook in the oven for 30 mins.

STEP 2

Carefully remove from the oven. Leave to rest for a minute, then stir through the peas while breaking up the haddock and fluffing the rice. Season to taste, then serve.

METHOD



KEEPING ACTIVE!

Keep Fit Whilst Learning Your Times Tables!



[KS1 Maths: The 5 Times Table - BBC Teach](#)



BEING CREATIVE

Our children this week have been learning how to wipe the slate clean and start again.

They understand that Christians believe that when they say sorry to God for the wrong things they have done He forgives them completely and gives them a new start, a clean slate.

In our worship this week, we focused on what Forgiveness means:

- F**orgetting the hurts
- O**ffering a new beginning
- R**estoring a friendship
- G**iven and received
- I**dentifying responsibility
- V**aluing the truth
- E**nding an argument
- N**ot holding a grudge
- E**ncouraging honesty
- S**aying sorry
- S**tarting again

Think about what forgiveness means to you and have a go at creating your own acrostic poem.

FAMILY TIME TOGETHER

Fossil Hunting



Go fossil hunting and enjoy a trip back in time.

Wouldn't it be amazing to search for dinosaurs and other creatures that existed millions of years ago? When you go fossil hunting, that's exactly what you do.

Fossils are the remains - or traces of remains - of ancient animals, creatures and plants preserved in the ground.

What about finding dinosaur footprints?

Dinosaur footprints are considered "trace" fossils because they are not a direct part of a creature. Dinosaurs made tracks in mud, which was then baked hard by the sun before more mud set in. The mud eventually became rock and made a cast around the footprint.

How can I stay safe while fossil hunting?

Always stay at least 10 metres away from the base of the cliff. Cliffs can be dangerous because of falling rocks. Always go with an adult, check the times of high and low tide at the beach and be careful of steep drops and getting stuck in mud.

