



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

6TH MAY 2022

WELCOME TO THIS WEEK'S WELLBEING LETTER

Hello Everyone,

Next week is Mental Health Awareness Week, 9th - 15th May. The focus this year is Loneliness....Together we can tackle loneliness. In readiness for this the WEB team have created a tree for loneliness. The children who visit the HUB have written messages for anyone who may be feeling lonely and tied them to the branches of the tree. The tree will be moved to the corridor for children throughout the school to add messages if they wish to, this has really opened the children's eyes in regards to loneliness and friendships and they have made sure no one feels left out which is fantastic. We have also been asking the children for some ideas for our Jubilee summer fair, a cake stall seems to be the most popular.

We hope you have a lovely weekend,

Mrs Malster-Hinett and the WEB Team



CAUGHT BEING KIND!

Many children have been caught being kind this week:

Here's the list of children given an award this week...

- Gracie F Y2
- Elsie C Y1
- Harry S Y6
- Robbie D Y5
- Ethan S Y6
- Zarah Y4
- Nevaeh Y5
- Alfie O Y6



Ingredients

- 200g blackberries , plus extra for the topping
- 3 tbsp icing sugar
- zest and juice of ½ a lemon
- 250ml double cream

BLACKBERRY AND LEMON FOOL



METHOD

STEP 1

Tip the blackberries into a pan with 2 tbsp icing sugar, plus the lemon zest and juice. Simmer until syrupy, then leave to cool. Chill for a few hours.

STEP 2

Whip the double cream with 1 tbsp icing sugar, then swirl through most of the blackberry sauce. Serve in glasses with extra sauce and fresh blackberries on top.





MINDFUL MOMENT



Why not have a go at “Finger Breathing?” This video talks you through how to prepare yourself for challenging times.

KEEPING ACTIVE



Cycling from Hull City Centre to the Humber Bridge

This unique ride is mainly on flat traffic-free paths and enables you to explore parks, a nature reserve, picnic spots and spectacular views of the bridge.

Start in the **city centre** and follow National Route 1 signs onto the shared use path **across the Humber Bridge**.

The route takes you along Scale Lane Swing Bridge on to Anlaby Road and Boothferry Road before arriving at the bridge.

WELLBEING

Dealing with Disappointment.
Not always getting what you want can make you stronger.

Do you ever get a sinking feeling when things don't go your way? Nobody likes to be disappointed but the experience can help you learn more about yourself.

Not always getting what you helps you become more resilient (able to overcome challenges) and try harder next time. It can also help you to understand your feelings better.

Wellbeing campaigner Dr Radha Modgil has some top tips with how to deal with disappointment.



Try these 3 helpful tips to help you recover when things go wrong:

1. Take time to feel how you're feeling and be kind to yourself.
2. Acknowledge that disappointment is part of life. Things won't always go your way.
3. Try not to take it personally when things don't work out. Some things are simply out of your control.

