

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

13TH JANUARY 2023

WELCOME TO THIS WEEK'S WELLBEING LETTER

Dear Parents / Carers,

Welcome back to this week's wellbeing newsletter.

At Alderman Cogan's, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

Our aim is to continue to provide help, tips and resources to support both adults and children as we recognise the importance of parents and carers feeling supported and well in themselves.

As always if you require any further information or support then please do not hesitate to contact the Web Team.

Thank you
Mrs Malster-Hinett and the WEB Team



CREATIVE CHALLENGE!

The creative challenge question is:

What does St. Aidan's Church mean to you?



Use your imagination to creatively express what St. Aidan's Church means to you.

How will you show this? Have a go and your creative challenge will be displayed in our local church, St. Aidans.



Ingredients

- 175g plain flour
- 50g ground almonds
- 60g cocoa
- 115g golden caster sugar
- 145g butter, softened, plus extra for the tin
- demerara sugar, for sprinkling over
- 4 tbsp caramel
- 50ml single cream

CHOCOLATE CONCRETE WITH CARAMEL SAUCE



STEP 1

Heat oven to 180C/160C fan/gas 4. Put the flour, almonds, cocoa, caster sugar and a pinch of salt into a food processor and whizz. Add the butter and whizz until the mixture resembles damp sand.

STEP 2

Butter the base and sides of a small baking tin. Tip the mixture into the tin and press it down. Bake for 30 mins. Remove from the oven, sprinkle over some demerara sugar and cut into squares using a sharp knife.

STEP 3

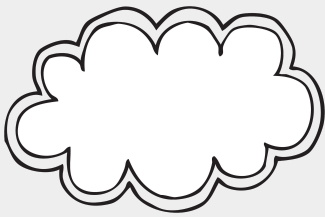
Meanwhile, heat the caramel and cream together in a pan. Serve the concrete warm with the caramel sauce. You can cool any leftovers and eat them cold – they will harden like shortbread.

MINDFUL MOMENT!

In a time of uncertainty it is normal to feel worried or sad because things are different. If you feel like this, it can help to think about your happy place. A place where you feel safe and secure, a place that holds special memories or even a place where you feel very happy.

Cut out a cloud shape and complete by drawing your happy place inside it and explain:

- Where it is?
- Why it makes you happy?
- Any other relevant details
- What you can see, smell or hear in this place



MY HAPPY PLACE!



KEEPING ACTIVE

#GetHullActive

Becoming more physically active is all about feeling better, and we want to help you to be able to make those small changes that can all add up to make a difference to your physical and mental health. The benefits of physical activity are well proven and wide ranging, from preventing diseases to improving brain function. More importantly though we want you to be able to use this website as a source of information and inspiration to help you in your personal journey. So use the links below to get your journey started, and if you want to share and inspire others along the way, get posting on social media and make sure you use **#GetHullActive** to join the movement!



<https://gethullactive.co.uk/>

FAMILY TIME!

Fresh Air along the East Coast.

We are lucky to have some fantastic coastline in our region and a walk on the beach or cliff tops is a great day out all year round, here's a list from north to south along our East Coast:

Please note some beaches have restrictions on dogs during the summer months, but most welcome dogs.

Saltburn

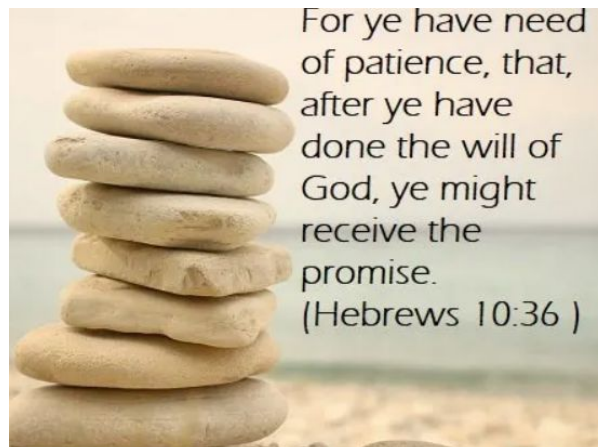
Wide open beach to play, run and walk. Lifeguard on duty. Lovely pier and there is a lift down the cliff to the beach, plus there's even a miniature railway! There are some arcades, a few cafés and some little shops. Dog friendly. Port Mulgrave is a perfect beach for sand and finding fossils as it combines sandy and rocky.

Staithes

Really quaint with golden sands. Only a few shops and cafés. Fishing village with nice harbour area but not much beach to walk on. Do check the tide times before going. It is very hilly.

Runswick Bay

Runswick Bay is picturesque and "oldy worldy", its red-roofed cottages clinging impossibly to the cliff above the bay, The golden beach is just made for nostalgic seaside trips – rock pooling, fossil hunting, sandcastle building and walking are favourite pastimes. One pub and that's about it! 2 car parks – top and bottom. £5 to park all day.



For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.
(Hebrews 10:36)