

# Cefn Saeson Wellbeing Day

## 12<sup>th</sup> February 2021

Dear parents and guardians,

We are very proud of how hard our pupils have worked over this second lockdown and are delighted with the work that we have seen. The pupils are really enjoying the live lessons and this is very evident from our excellent engagement figures. Well done all!

Wellbeing is a huge priority at Cefn Saeson and we would like to end the term with a 'Wellbeing day' which will take place on Friday 12<sup>th</sup> February, the last day of this half term.

The day will start with registration at 8.30am with their Form Teacher in a live session and after that we would like to have a screen free day. Pupils spend so much time in front of a screen at the moment, we would like them to have a day away from it and we hope that this will be good for their wellbeing. Please find attached the menu of activities from which they can choose that involve them spending time doing fun activities either in the house or the local area (don't forget to follow Covid rules, only exercising from the house, within your bubble). We have included a variety of activities that should meet the needs of all our pupils, who can choose the activities that are most suitable for them. They can choose as few or as many of these activities as they wish, they may even fancy doing a few over half term too! As this is a screen free day, pupils will not be required to upload their activities but will just be asked to discuss what they have done with their Form Teacher during Registration when they return to school after half term.

We have attached the food recipes and useful items list so that you are prepared for the day if your child would like to choose to cook or make something.

We hope that your child enjoys their chosen tasks, and may we take the opportunity to thank you for the support that you have shown the school during this difficult time.

Kindest regards

Cefn Saeson Senior Leadership Team

## Wellbeing Menu

Make a meal for your family from the recipe card	Take part in our Treasure Hunt	Write a letter or a card or a to someone (and send it)	List 5 things that are good about you (ask your family)
Start to keep a diary and write your first entry	Sing along to your favorite songs	Have a BBQ (for the brave!)	Entertain your family
Give yourself some time to do something that you would like to do that you haven't had the chance to do for a while	Imagine you are a super hero – draw a cartoon picture of yourself and write your powers	Make an assault course in your garden and have a family competition!	Make/create something from recycled materials you have in the house
Go for a nature walk – see how many animals you can see	Go for a bike ride (don't forget your helmet)	Have a very bubbly bath and relax	Listen to some music
Interview your parents about what it was like when they were in school	See how many birds you can spot in your garden over half an hour	Any activity with your family	Play a board game
Go for a walk and find some stones – paint them	Have a game of cards	Read a book	Write an entry for the time capsule

## Useful items

*Depending on the tasks your child chooses, you may need these useful items...*

Pack of cards

Plain note book

Paints or nail varnish for stone painting

Old toilet roll cardboard/empty jars and cereal boxes etc for recycled craft task

Bubble bath

Stamp

## Healthy Wellbeing day recipes

### Healthy Blueberry Muffins



2 medium eggs  
 1 tsp vanilla extract  
 125ml vegetable oil  
 250ml semi-skimmed milk  
 250g golden caster sugar  
 400g self-raising flour (or same quantity plain flour and 3 tsp baking powder)  
 1 tsp salt  
 100g fresh or frozen blueberries  
 100g white chocolate chopped into small pieces  
 50g of pecan nuts chopped

Heat oven to 200C/180C fan/gas 6. place paper muffin cases in the baking tin. In a large bowl mix in all the wet ingredients, beating the eggs first. Then add the sugar until you have a really smooth batter – I do all of this in my stand mixer.

Sift in the flour, salt and baking powder. Mix well but don't over beat or the muffins will not have a nice spongy texture and will be quite heavy. Add the chocolate and pecan nuts then the blueberries once the rest of the batter is nicely mixed. Stir the blueberries in one by one so as to avoid bleeding the whole mixture straight away. I mean they taste the same but are then an all over purple type colour rather than golden with purple splurges! Fill muffin cases two-thirds full and bake for 20-25 mins, until golden – get one of those cake skewers and poke them about a little, if the skewer comes out clean then they are done. Leave to cool

### Healthy Margarita Pizza



Ingredients  
 For the dough  
 500g strong white flour, plus extra for dusting  
 2 tsp salt  
 15g/½oz fresh yeast or 1½ tsp of dry yeast  
 275ml/9½fl oz tepid water  
 50ml/2fl oz olive oil, plus extra for oiling  
  
 For the topping  
 2 tbsp tomato sauce  
 pizza toppings of your choice

#### Method

1. In a large mixing bowl, stir together the flour and salt. Stir in the dried yeast (or crumble in the fresh yeast). Make a well in the centre of the flour mixture and pour in most of the water along with the olive oil. Bring the dough together with your hands or a wooden spoon. As the flour is incorporated, the dough will start to take shape. Add the remaining water if the dough feels tight or hard.

2. Turn the dough out onto a clean surface and knead/press your knuckles in for 10 minutes, or until it is smooth and rubbery. Cut off a small piece of the dough and stretch part of it as thinly as you can. If you can see the shadow of your fingers through the dough (the light should shine through the dough like a window pane) without it tearing, it is ready to prove.

3. Knead the cut piece back into the dough and shape the dough into an even ball. Place in an oiled bowl, cover with a damp tea towel and allow to prove in a warm place for 1–1½ hours, or until it has doubled in size (the temperature of your kitchen can affect the timing of this).

4. When the dough has risen, take it out of the bowl and knock the air out. Divide the dough into two equal portions, and shape each portion into a ball. Cover with a damp cloth and allow to prove again for about 15 minutes.

5. Place on a baking tray into the oven and preheat to its highest setting.

6. Dust the work surface liberally with flour. Roll out one piece of the dough to form a circle that will fit on your pizza stone or baking tray.

7. Transfer the pizza base onto a plastic chopping board (or another upturned baking tray) dusted with flour. The tray will be used to slide the pizza base directly onto the pizza stone.

8. Cover the surface with half of the tomato sauce and toppings of your choice.

9. When ready to bake, slide the pizza directly onto the pizza stone and cook for 8–10 minutes, or until the base is golden-brown and the toppings are bubbling. Repeat with the remaining dough, tomato sauce and toppings.

### Healthy Spaghetti Bolognese



#### Ingredients

- 1 tbs vegetable oil/fry light
- 700g low fat beef/turkey or meat free mince
- salt and pepper
- 1 onion (diced, large, peeled)
- 1 tsp garlic (chopped)
- 2 tbs tomato paste
- 1 carrot (grated)
- 1 courgette (grated)
- 400g tin of chopped tomatoes
- 1 tsp dried oregano
- 1 packet spaghetti

#### Method

- Place a large, heavy bottomed frying pan on high heat.
- Add oil and swirl to cover pan, when it's hot add mince, salt and pepper and onion- cook for about 10 minutes stirring occasionally.

- Add garlic and tomato paste, stirring to coat the meat.
- Simmer for 10 minutes
- Add the carrot, courgette, oregano and tomato. Stir to thoroughly combine.
- Place a lid on top (if you have one, don't worry if you don't), bring to the boil then turn the heat down to a simmer and cook for 20 minutes, stirring occasionally.
- Cook pasta according to packet instructions and serve meat sauce over pasta garnished
- Enjoy!

## Treat Rice Crispy Cakes

### Ingredients

100g milk chocolate, broken up  
 50g dark chocolate, broken up  
 100g butter  
 4 tbsp golden syrup  
 100g rice pops (we used Rice Krispies)

### To decorate

50g milk chocolate, melted  
 sprinkles, mini marshmallows, nuts, Smarties, dried fruit or white chocolate buttons  
 Fairy cake paper cases



### Method

#### STEP 1

Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat and stir in the rice pops, coating them gently with the chocolate until they are all completely covered.

#### STEP 2

Divide the mixture between nine cupcake or 12 fairy cake paper cases – it's easier if you slide these into a muffin tin as it will help them hold their shape. Leave to set. If you want them to set faster, put in the fridge for 1 hr.

#### STEP 3

Drizzle with a little melted chocolate and decorate with sweets, dried fruit or nuts while they are still wet enough to stick them on. Will keep in an airtight container for five days.