

Codnor Community Primary School



Newsletter



Spring is widely celebrated as a time of renewal, offering a fresh start as nature awakens from winter hibernation. The same can be said for us! Lighter, longer days naturally make you feel happier and more energetic. Also, did you know that chocolate is a mood enhancer...Happy days!

Key Dates

April...Stress Awareness Month

21st May...World Day for Cultural Diversity

1st June...International Children's Day



Easy Easter Biscuits



200g butter

200g caster sugar

1 egg

400g plain flour

To decorate:

Coloured icing or icing pens

Method:

In a large mixing bowl, beat the butter and sugar until light and fluffy. Whisk the egg and beat in until well mixed, then gradually add the flour. Use your hands to bring the mixture together to a stiff dough. Gather into a ball and chill for 30 mins.

Heat the oven to gas 4, 180c, fan 160c. Roll out the dough to the thickness of a £1 coin. Cut out egg-shaped biscuits, place on a baking tray and bake for 6-10 mins until golden brown.

When cooled, decorate using coloured icing or icing pens.

Enjoy!



You've got to roll with it!

Looking for some outdoor fun this Easter? What about an egg roll? Cheap and easy to do!

Decorate hard boiled eggs with your name or special pattern. Then find a smooth, grassy slope without stones and roll them gently from the start line. Traditionally there are several different ways to decide the winner...It could be which egg went the furthest; which survived the largest number of rolls without being cracked; or which went through a 'goal'.

Did you know...Some people think egg rolling symbolises the rolling of the stone away from Christ's tomb. It's a tradition that dates back many centuries.



Bunny Breathing is a quick pick me up that will help your child to focus. It's especially helpful for children with ADD or ADHD...

Sit on your knees like a bunny, keep your chest lifted and your shoulder blades down

Tuck your chin in slightly and get your nose ready for breathing by twitching it like a bunny

Take 4-6 short, quick breaths in through your nose then breathe out through your mouth with one long, smooth sigh

Repeat 5-10 times to develop a consistent rhythm.

