



Woodlands

Breakfast & After School Club

Hello to all our Breakfast
and Afterschool Club children

We have really missed seeing your smiley faces and doing activities with you at the club.

I thought you may like to practice some Yoga and cooking at home. I have listed some Yoga stories that we really enjoyed doing together at breakfast club. Perhaps you would like to practise at home and teach your family how to do them too!

I have also included some of your favourite recipes, which you could make at home if you would like to.

If you do have a go, please send us some pictures of your poses and your cooking, we would love to see them.

Send them to the school office at:
info2@Sandringham.kite.academy

We are looking forward to seeing you soon

Lots of love from
Mrs Bellchambers
Mrs Bleser
Mrs Wheeler



YOGA

I have enclosed the Cosmic Yoga poses we do every morning at Breakfast Club. We have a new warm up routine which you might like to try. There are also some new poses too, have fun.

The Jungle Story

Can you get ready for the jungle? Take your binoculars and see what animals you can see in the jungle and show your parents the poses of the animal's you can see. Be careful of the tigers!!

Sea Creatures Story

Can you get ready for swimming? Do not forget your swimming goggles and flippers. What animals can you see?
Be careful of the sharks!

Cooking

I have listed a few of all our favourite recipes for you to try at home with your family. Let us know which was your families favourite.

Pizza

You will need - Tomato puree/cheese/ham/peppers
The base can be muffins cut in half or puff pastry.

Slice the muffin in half and spread tomato puree on the top, then add cheese and the other toppings you like. Bake in an oven for approx. 8-10 mins (180'degrees) Enjoy! – **Please ask an adult to help you with the oven.**

Rocky Road

You will need - Melted chocolate/rice tea or digestive biscuits/ mini marsh mellows/raisins/Rice Krispies or Cornflakes



Melt half a bar of chocolate – **Please ask an adult to help you with melting the chocolate.** Then add the cereal until all the chocolate is covered, you may need to add more cereal. Add the mini marshmallows. You can add raisins and honey, if you like them sweet. Place the mixture in cake cases and place them in the fridge for half an hour. Yummy!

Jam Tarts

You will need - Short crust pastry/jam or lemon curd

We use pre-made short crust pastry, once rolled out and cut into circles with your cutter add strawberry jam or lemon curd and cook in the oven for approx 10 mins (180 degrees) you may need longer!

Please ask an adult to help you with the oven

Decorate a Biscuit (One of your favourites)

You will need - Rich tea biscuits/icing sugar/icing colouring/sprinkles

Add water to the icing sugar, until it looks like glue, spread on the biscuit and add sprinkles, it will take 5 minutes to set.

Enjoy!



