



Wellbeing Newsletter

Going Up



Footballers using their influence for good



Remake of Roald Dahl's 'The Witches' is now available to buy or rent Amazon Prime!



One woman's mission to bring inclusive reading material into schools

Your dose of goodness to help keep you happy, healthy and mentally well

Autumn Goodness....

Autumn is well and truly upon us, with the leaves falling and a mixture of beautiful sunshine and rainy days, we thought it was the perfect opportunity to dedicate this newsletter to a wonderful time of year!

Enjoy reading 😊



An Autumn craft idea



30 DAY AUTUMN PHOTO CHALLENGE

use hashtag #clicksphotochallenge to join in

- 1: AN AUTUMN LEAF
- 2: THE COLOUR ORANGE
- 3: FOG
- 4: PUMPKIN
- 5: HALLOWEEN COSTUME
- 6: SPIDERWEB
- 7: EARLY SUNSET
- 8: THE WOODS
- 9: AUTUMN FOOD
- 10: AUTUMN FLOWERS
- 11: A COSY PLACE
- 12: AN AUTUMN WALK
- 13: SOMETHING SCARY
- 14: SKULLS
- 15: A HOT DRINK
- 16: BLACK AND WHITE
- 17: CANDLES
- 18: AUTUMN SUN
- 19: AUTUMN RAIN
- 20: MACRO/CLOSE-UP
- 21: AUTUMN LANDSCAPE
- 22: FALLING LEAVES
- 23: HALLOWEEN DECORATIONS
- 24: FIREWORKS/BONFIRE NIGHT
- 25: TOFFEE APPLE
- 26: A FESTIVE EVENT
- 27: AUTUMN OUTFIT
- 28: NIGHT SKY
- 29: AUTUMN SELF PORTRAIT
- 30: ANIMALS IN NATURE

Strictly is back! Watch Nicola & Katya's amazing quickstep...





Delicious Pumpkin Pie Recipe

(BBC Good Food)

Ingredients:

750g pumpkin
350g sweet shortcrust pastry
plain flour
140g caster sugar
½ tsp salt
½ tsp fresh nutmeg, grated
1 tsp cinnamon
2 eggs, beaten
25g butter, melted
175ml milk
1 tbsp icing sugar



Method:

Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Increase oven to 220C/200C fan/gas 4. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.



To give feedback on our resources, please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzslrNkWUuWHRbLXG17wR8Bz1v5Rvawv7v7zII10DIYBI1111FVRSkZ7T7k7NMDBOWIEKQ8INNC41>

Autumn Word Search

Circle each word from the list in the puzzle. The words can go in any direction.



AUTUMN
FALL
HARVEST

HAYRIDE
LEAVES
ORANGE

PUMPKIN
RED
SCARECROW

SEASON
TREES
YELLOW

Fall equinox flow yoga – give it a go!

