

If you would like to join our Change Team and work with the staff at St George's to improve the mental health and wellbeing of all stakeholders at the school, please email office@st-georges-wrotham.kent.sch.uk for more information.

Science Week Challenge!

Don't forget to take part in our Science Week 'Growth' Challenge!

Mr Jones has set you the task of growing something huge! It can be a plant, flower or vegetable! The bigger the better! Make sure you take a photo and send it to Mr Jones via the Class Dojo and he will be showing them off in the Friday Celebration Worship in the final term!

Can you beat his Sunflower?

Wellbeing at St. George's

Coping with change

Change is inevitable – both positive and negative and can lead to you feeling a range of emotions. Here are some tips to help you with this:

- Identify what you can and can't control
- Plan ahead
- Take time to reflect
- Ensure you take care of your own wellbeing and make time for yourself

Keep in touch – stay informed

You can find out about what's going on at St George's in a variety of ways:

Visit the school website: www.st-georges-wrotham.kent.sch.uk/

Follow us on twitter: @StGeorgesKent

Keep up to date with newsletters

Key websites: www.mind.org.uk www.nhs.uk

Speak with us – we are happy to help in any way we can!

Active April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Eat healthy and natural food today and drink lots of water	 5 Turn a regular activity into a playful game today	 6 Do a body-scan meditation and really notice how your body feels	 7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do
11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day free from TV or screens and get moving instead
18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Dig up weeds or plant some seeds
 25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

What can we do differently?

Improving the Mental Health and Wellbeing for all stakeholders at St George's Church of England Primary School is a big focus for us. We want to ensure that St George's Church of England Primary School is somewhere where everyone feels welcome and all feel valued.

If you can think of a way we can improve what we currently do, please contact Mr Jones.

ACTION FOR HAPPINESS
Happier · Kinder · Together

Respect

Courage

Kindness

Forgiveness

Hope

Honesty