

Wellbeing Newsletter

Feb 2024

St George's Church of England Primary School Bringing Faith and Education together 'Letting our light shine' (Matthew 5:16)

Not letting the weather match our mood!

It has been quite a wet and dreary start to 2024 weather-wise. Here at St George's, we are making sure that the weather doesn't match our mood though with all of the exciting opportunities on offer. There has been an abundance of school trips taking place, as well as interesting workshops, chances to represent the school in a sporting capacity, alongside all of the brilliant lessons taking place inside the classrooms! Our children have had a brilliant term and we are all very much looking forward to the next one!

Quotes of the term

"I love school! It's so much fun!" (Oak Class child)

"Explorers in Geography has been so interesting! Can't wait to show everyone what we have learnt!" (Maple Class child)

"I love coming to school to see my friends and my lessons are so much fun! The Astrodome was amazing!" (Hazel Class child)

"This term has been the best so far because we get to do Forest School! The best part of the year!" (Sycamore Class child)



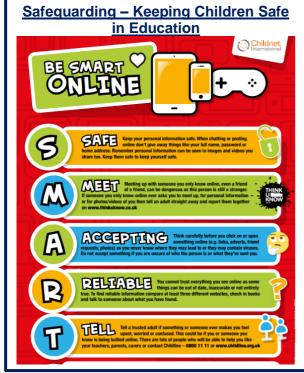
Kindness is arguably our most important value here at St George's. Healthwise, kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, being in control, happiness and optimism. During our 'Random Acts of Kindness Week', it has been so nice to see our children caring for each other and, quite simply, putting smiles on each other's faces.

Learning new skills and having memorable experiences

Research shows that learning new skills can improve your mental wellbeing by boosting selfconfidence, building a sense of purpose and providing the opportunity to interact with others. This term, our teachers have organised many opportunities for children to learn new skills and have provided many memorable experiences. A new sport was attempted by a group of children in our Year 5 and 6 classes - Water Polo, many children got the chance to follow their own recipe and create a banoffee pie and bolognaise sauce. Some of our younger children got to perform in front of their family and friends during their class worship - impressing us all and we had a few memorable school trips to different zoos in Years 3 and 4, as well as a fantastic trip to Rochester in Year 1.



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.



Wellbeing at St George's What is Low Mood?

If your child is experiencing a low mood, they may feel more sad, tearful, worried, tired or angry than usual, or feel low and less confident about themselves – but then feel better after a few days or weeks. They may also start to feel better quite quickly after making small changes in their life or routine – for example after resolving a disagreement with a friend, getting to the end of a stressful time at school or starting a more regular sleeping pattern.

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!



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.

Respect Courage Kindness Forgiveness Hope Honesty