



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

Kindness is arguably our most important value here at St George's. Health-wise, 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 self-confidence, 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.

Safeguarding – Keeping Children Safe in Education

BE SMART ONLINE 

S SAFE Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

M MEET Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information – or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A ACCEPTING Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

R RELIABLE You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

T TELL Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk

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!

Friendly February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it			

   

ACTION FOR HAPPINESS

Happier · Kinder · Together

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