



Wellbeing Newsletter

Jan 2023

St George's Church of England Primary School
Bringing Faith and Education together

The start of a new calendar year!

January brings a new year and can also bring a range of emotions for all. It has been a really positive start to the Spring term at St George's. It has been great to see all of the achievements that have taken place inside and outside of the school day. We have very talented children here at St George's and with perseverance and resilience, they are achieving their potential.

Healthy Eating

When you stick to a diet of nutrient-rich foods, you're setting yourself up for fewer mood swings and an improved ability to focus. Eating a healthy, balanced diet, full of fresh fruit and vegetables can improve your sense of wellbeing and mood.

Our Year 6s have been working incredibly hard alongside Miss Dennis and Mrs Spalding to create a healthy starter, main and dessert. Let's just say the results have been delicious!



kindness

Our value for the term is Kindness.

Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.

Playing a musical instrument

We have some brilliant musicians here at St George's and we're lucky enough to listen to them on Friday mornings as a part of our Celebration Worship.

Studies show that playing an instrument can lower your blood pressure, reduce stress and in turn, help with anxiety and depression. It is important to let your creativity shine. This will keep your mind and body healthy.



We are very proud of our school choir who attended "Young Voices" at the O2. Singing has also been shown to improve our sense of happiness and wellbeing. Research has found that people feel more positive after actively singing than they do after passively listening to music. Thank you to Miss Brownfield and Mrs Foreman for all their hard work.

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.



What is Frazzled Café?

Founded from Ruby Wax's experiences through her best-selling books and theatre tours, Frazzled Café meetings provide a place where people who are feeling frazzled can meet to talk and share their stories. The meetings create a supportive, anonymous and non-judgemental environment – a place where it's ok to not be ok.

For more information:
www.frazzledcafe.org

Wellbeing at St. George's

Asking for help

It is very easy to get lost in the pressures of family life, work, money worries. This can seriously impact your wellbeing. The saying - "A problem shared is a problem halved" really does work. Be brave, ask a friend or family member to share the load when you need it and you will notice the benefits to your general well-being.

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 2023

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				

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