



Wellbeing Newsletter

July 2023

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

Coming to the end of the school year

When the date changes to July, it signifies that we are coming to the end of the school year, and this can indicate that change is about to happen. All of the children at St George's will be experiencing many feelings, brought on by change as they are all moving up a school year, with some moving to a different school.

A big thank you to all of the children at St George's

Over the year at St George's, the children have all had an influence on how we care for each other's mental health and wellbeing.

The school council have had a big impact. They have come up with strategies on how to ensure that the children at St George's are happy, giving them the best possible chance to learn to the best of their abilities.



Hope is a very important emotion when related to our mental health and wellbeing. An individual's mental health can be dependent on hope. It can give people targets to aim for and also have a positive impact on someone's physical health, as well as their mental wellbeing.

Shakespeare Workshop



This term, all children took part in a Shakespeare Workshop, where they all performed to the school. Research has shown that drama can have a positive impact on a child's mental health and wellbeing. It has the ability to boost self-confidence and gives them the opportunity to express themselves in a different way.

Quotes of the week

"I am starting to get really excited about next year now. We had our "Meet the Teacher Day" and it was really fun" (Hazel Class child)

"I am having so much fun at school right now. There is loads of sports and I really enjoyed the District Sports competition as we won the Relay race" (Cedar Class child)

"I am loving Science. We are doing loads of experiments. I do Eco Club as well and I love that too. I am practicing my gardening at home" (Maple Class child)

"I love school because I have lots of friends. I really like my English lessons as I know I am getting cleverer" (Beech Class child)

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 Fresh starts

As we prepare to say goodbye to class teachers, and even move onto new schools, emotions such as fear, anxiety, uncertainty and sadness can come to fruition, but these are all normal feelings when change is occurring.

Change can be daunting but can also be exciting and new opportunities to learn and progress await us.

Many tips to manage anxiety involve a healthy lifestyle with regular exercise to reduce stress hormones.

A good sleeping habit, a sense of routine and a healthy diet can all help manage anxious feelings.

The Aim Group have a range of fully funded (Free) CACHE accredited Level 2 qualifications available to help better understand some key issues around young people's mental health and wellbeing, along with a range of other qualifications that may help with developing careers.

Take a look at some of the courses available to you:

<https://theaimgroup.co.uk/courses>



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!

Jump Back Up July 2023

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



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