



Wellbeing Newsletter

March 2021

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

So happy to have you all back!

All of us, here at St. George's, would just like to say how nice it is to have all of the children back into school. Seeing full classrooms and children with big smiles on their faces has really improved the wellbeing of all of us here. It just shows what a huge impact a smile can have. The children have settled back into school life so well and we are all looking forward to the rest of the term!

Wellbeing Mentors

We have new Wellbeing Mentors!

Congratulations to Amelie, Polly, Cooper, Emily, Mia, Roxy and Bella for becoming their class Wellbeing Mentor for this term!

I can't wait to have our first meeting to see what ideas you have to improve the mental health and wellbeing for all at our school!



Well done to Oscar!

We just want to say a big well done to Oscar in Beech Class for the work he completed for 'Cards for the Elderly'! This week he received a letter of appreciation thanking him for his "kind gesture and beautiful cards" which made a big difference to numerous people's lives.

We are very proud of you Oscar! Remember a little gesture can go a long way!



Some quotes from this week:

"I am so happy to be back in school so I can see my friends and my teachers"
(Oscar, Beech)

"I was a bit nervous at the weekend but now I am in school I have remembered how good it was and how I missed it"
(Victor, Willow)

"I was just so looking forward to being taught by a teacher again. I love learning"
(Eva, Willow)

We are so happy to have everyone back in school again!

Don't forget that it is Non-uniform day on Tuesday (16th March) and its Red Nose Day on Friday (19th March). Remember to wear a red accessory on that day!

Wellbeing at St. George's



Coping with loss

There is no time limit on the effects of loss. Loss isn't always involved with bereavement. It could be the end of a relationship, job or another significant change.

Signs to look out for are insomnia, low energy, high emotions, low emotions or just a general feeling of not being yourself.

There are various agencies that can provide you with support in managing these symptoms as well as the school's own mental health first aiders. www.cruse.org.uk is a great place to start.

Cross Country Club

Morning Cross Country Clubs are starting again next week! Daily exercise is so important for children's mental health. Please let the school know if you would like your child to attend.

- Year 5 and 6 – Monday with Mr Shield
- Year 3 and 4 – Friday with Mrs Burton
- Year 1 and 2 – Tuesday with Mr Jones

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!

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness (dayofhappiness.net)	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

www.actionforhappiness.org

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