



Wellbeing Newsletter

March 2022

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

Wellbeing at St George's in 2022!

We have been very busy at St George's Church of England Primary School but it has been a fantastic start to 2022! Smiling faces have filled the classrooms and our teachers have all mentioned how pleased they are with the effort the children have put into their work since Christmas! Resilience is very important in our school and children have shown this skill in abundance.

A big thank you to our Wellbeing Committee

Over the year our Wellbeing Committee has made a huge difference to our school. They have come up with new initiatives and ideas which have had a massive impact on every one of us. They have helped children on the playground, given children a voice in the classroom and been fantastic role models for the rest of the school.

They also had a huge role in us achieving the Wellbeing Award for schools.

A massive well done and thank you from all of us at St George's.



Our new Wellbeing Committee

We have a new Wellbeing Committee! These children have all been chosen by their fellow classmates to represent their class in improving the school. We look forward to hearing their ideas and seeing them come to life!

Congratulations Henry, Starr, Oliver, Alex, Poppy and Jimmy.



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



Importance of having a positive image

Wellbeing this week is a little reminder that to feel our best we should keep our bodies and minds equally healthy. Feeling confident about how you look is the first step to feeling great! We all come in different shapes and sizes so let's celebrate who we are! You can find more information on promoting body image self-esteem at:

www.dove.com/uk/dove-self-esteem-project.html

Wellbeing at St. George's Taking part in Mindfulness activities

There are many ways to bring mindfulness activities into your life.

Check out the website <https://www.mind.org.uk/> for a list of different activities you could try yourself.

Remember, different things work for different people, so if you don't find one exercise useful, try another.

You can also try adapting them so that they suit you and are easier to fit in with your daily life.

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!

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and 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 watch the sky or clouds for a few minutes today
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	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 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life			

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