



Wellbeing Newsletter

March 2023

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

A fantastic start to Term 4!

We are now well into Term 4 at St George's and we have all been very busy! Sports fixtures have been taking place each week, children have had the chance to dress up on a number of days to celebrate what is going on in school, and all of the children are working incredibly hard in every lesson across the curriculum.

Love 2 Dance

Some of our Key Stage Two children got the opportunity to take part in the 19th Annual Dance Show – Love 2 Dance – at The Stag Theatre in Sevenoaks. They did St George's proud. They showed perseverance, commitment and enthusiasm over the last few weeks and did brilliantly in both their routines! Dance, as a physical activity and creative art form, can make a vital contribution to positive mental health and wellbeing.



Our value for the term is forgiveness

Acts of forgiveness can lead to healthier relationships and improved mental health. Forgiveness can cause less anxiety, stress and hostility in your life. Negative emotions can cause a negative influence on your mind. When forgiveness takes place, we release that negative influence, causing positive mental health and wellbeing to take over.

Science Week

There were smiles all over the school this week as children took part in British Science Week. The children at St George's have had an action-packed week, complete with a number of Science activities for all to enjoy. The STEM activities that Mrs Allcorn planned on Monday gave children the opportunity to work as a team to create a variety of different structures, such as rollercoasters and bridges. The workshops on Tuesday were fascinating. Kieran visited our school and showed us a number of experiments. Science is a much loved subject in our school!



Look at some of the fantastic outfits that were on show on World Book Day and World Maths Day! Being creative and expressing yourself can be really beneficial for positive mental health and wellbeing. It is fun, exciting and brings smiles to children's faces.



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

Controlling our emotions can be difficult.
Here are some strategies to help you with this:

If I'm feeling	Then I'll
Overwhelmed	Go for a walk around the block
Sad	Give myself 20 minutes to feel it
Grief	Create a new ritual
Anxious	Take some deep breathes and stretch my body
Lonely	Call someone I love to say hi
Frustrated	Do a quick mindfulness practice (Headspace is a great app)
Inadequate	Remind myself of my strengths



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

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 2023

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 If you find yourself rushing, make an effort to slow down	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 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today dayofhappiness.net	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 Appreciate nature around you, wherever you are	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