

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

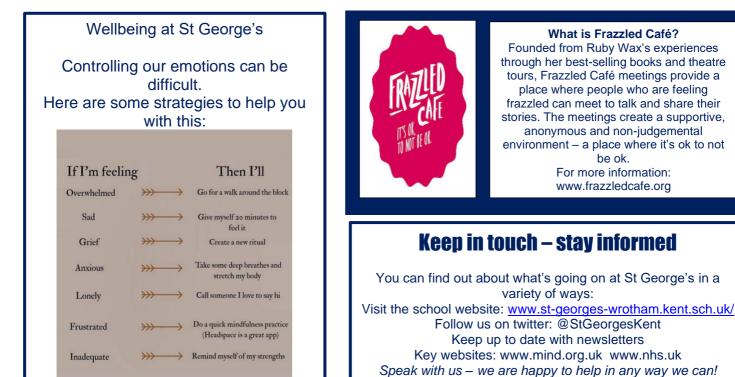
There were smiles all over the school this week as children took part in British Science Week. The children at St George's have had an action-packed week, complete with a number of Science activities for all to enjoy. The STEM activities that Mrs Allcorn planned on Monday gave children the opportunity 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 <u>office@sl-georges-wrotham.kent.sch.uk</u> for more information.



What can we do differently? MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY Improving the Mental Health Mindful March 2023 3 Bring to mind peopl you care abo and send low to them Notice how Notice three you speak to yourself and m and Wellbeing Set an ntion to live things you find beautiful in the for all ose to use stakeholders outside world kind words at St George's Church of Eat England Take a full breath in and out before you reply to others mindfully. Appreciate the taste, texture If you find Get outside and Listen deeply Primary School is a big notice how the yourself rushing to someone and make an effort weather feels really hear what to slow down and smell of on your face they are saying focus for us. your food We want to ensure that St Look around and spot three things you find unusual George's Pause to ch the sky o ids for a few **Find ways** Get really Have a absorbed with Church of to enjoy any chores or tasks 'no plans' day an interesting o and notice how England that you do creative activity that feels Primary School is somewhere Focus on Notice Listen to a piece of music without doing anything else Appreciate your hands and all the things they where Choose to what makes something that spend less time everyone feels is going well, even if today you and others looking at happy today welcome and nable you to do screens today feels difficult all feel valued. vofhappiness.ne If you can think of a way Notice when Choose a different route today and see what you notice Mentally scan you're tired and take a break as your body and we can notice what it improve what is feeling soon as possible we currently do, please contact Mr **ACTION FOR HAPPINESS** Happier · Kinder · Together Jones

Respect Courage Kindness Forgiveness Hope Honesty