



Wellbeing Newsletter

May 2023

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

Welcome back!

We hope everyone had a fantastic Easter break, as we look forward to a very busy, sunny Summer Term. The school diary is full of fun, exciting events to take place in Terms 5 and 6 and the children have made a brilliant return after the Easter break! Work is to a high standard and children are smiling.

Check out our new Science Club!

One of our Five Ways to Wellbeing is to 'keep learning' and children at St George's are certainly doing this in abundance. Mrs Allcorn has started a new, before school, Science Club and the children, who attend, seem to love it!

So far, the children have made lava lamps and in the coming weeks they are going to be looking at chain reactions and creating their own. Well done to Mrs Allcorn for planning such a fantastic club!



Our value for the term is honesty!

Honesty helps in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. It is also a key skill for maintaining positive, healthy relationships. Honest people are sincere, trustworthy and loyal, throughout their life.

Music Roadshow

Music can have a positive impact on our mental health and wellbeing. Music has been shown to lower levels of stress, as well as decreasing your heart rate and blood pressure. Playing a musical instrument can keep your mind sharp, improve your concentration and can also improve your mood.

We were very lucky to have the Music Roadshow come to our school. They introduced us to some new instruments we may not have seen before.



Quotes of the week

"Miss Dennis is making SATs learning fun. We are excited about next week!"

"We love the fact that we can go on the field at lunchtimes now. There is so much space! It is my favourite time of the year!"

"I can't wait to play in the football match this week. It's the semi-final of the cup! I am confident we will get through as we are a good team!"

"I really like my teacher!"

"We go to school every day and have so much fun!"

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

Mental Health Stress

There are many things that can lead to stress. But not all life events are negative and even positive life changes, such as moving to a bigger house, gaining a job promotion or going on holiday can be sources of stress.

There are many things we can do to help ourselves when these situations arise:

1. Identify the cause of any stress
2. Review your lifestyle
3. Build supportive relationships
4. Eat healthily
5. Be aware of bad habits
6. Exercise
7. Take time out
8. Be mindful
9. Get a good amount of sleep
10. Don't be too hard on yourself



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!

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



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