



# Wellbeing Newsletter

November 2020

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

## Wellbeing Committee making a real difference at St George's!

All of us here, at St George's, hope you had a great half term break and hope that you are all safe and well in these strange times we are currently living in. Below you will find some of the things that the school have been doing, regarding the Wellbeing Committee at our school.

### The Wellbeing Committee

Our Wellbeing Committee have been very busy in ensuring that the ideas they have come up with are having a big impact on the children in our school.

The "Happiness" and "Help me" benches are being used at breaktimes and lunchtimes, with the Wellbeing Committee helping out any child who is on the "Help me" bench. In our last meeting they said that children seem happier when they are outside, which is fantastic news!

The "Worry Jars" are also being used in the classrooms and the teachers have stated that they are looking at the notes found in the jars and making time in the school day to talk about them.



### Kindness Poster Competition

A big thank you to everyone who took part in the Kindness Poster Competition, which took place over the half term break.

We now have many Kindness posters which are decorating our school and emphasising the importance of being kind to one another.

All of the children who took part in the Kindness Poster competition received 5 Dojo points, but our winner (and receiving 10 Dojo points) was Daisy.

Congratulations Daisy on the poster competition win. You have taught children around the school how you can be kind to each other.

### Parent Evaluation

This week you will have received an email asking for you to complete a survey on how you believe the school helps with the Mental Health and Wellbeing of all of its stakeholders.

We would be really appreciative if you could complete this survey by the deadline which is the 27<sup>th</sup> November.

The wellbeing of everyone involved with the school is important to us and we work very hard in ensuring that the measures we put in place has an impact. The survey will help us evaluate what we are currently doing and produce ideas on how we can improve and make things better for everyone at St George's.



## What is Insomnia?

Insomnia is difficulty falling asleep or staying asleep, even when a person has the chance to do so. People with insomnia can feel dissatisfied with their sleep and usually experience one or more of the following symptoms: fatigue, low energy, difficulty concentrating, mood disturbances and decreased performance in work or at school.

### Wellbeing at St. George's

#### Controlling our emotions



Controlling our emotions can be tough. 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

### Wellbeing at St. George's

#### Keeping safe online

As today's children's toys and gadgets are enabling increased access to the internet, please remember to ensure you have;

- Set up parental controls.
- Be careful with what they share, including images, videos and personal information.
- Take control of who sees what they post by using privacy settings.
- Be mindful of who they are chatting to and gaming with – do they really know and trust them? If not, don't share personal details.

For further support and guidance visit: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## 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/](http://www.st-georges-wrotham.kent.sch.uk/)

Follow us on twitter: @StGeorgesKent

Keep up to date with newsletters

Key websites: [www.mind.org.uk](http://www.mind.org.uk) [www.nhs.uk](http://www.nhs.uk)

Speak with us – we are happy to help in any way we can!



## ACTION CALENDAR: NEW WAYS NOVEMBER 2020



### SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own Christmas cards!

### MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

### TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

### WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

### THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

### FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

### SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



### ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

Keep Calm • Stay Wise • Be Kind

### 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 by emailing the school office email.

We would love to hear your opinions! Thank you for your continued support of our school!

Respect

Courage

Kindness

Forgiveness

Hope

Honesty