



# Wellbeing Newsletter

Nov 2023

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

## The start of a new term!

As we start term 2 at St George's, it is important to look back on all of the achievements which took place during the previous term. We have witnessed St George's children win our first ever Tag Rugby trophy, successfully take care and create a brilliant outdoor area through our Eco Club and represent our school fantastically on school trips, among many other things; that isn't even mentioning all of the fantastic work they have completed last term. We are now looking forward to a term full of celebration and festive events!

### Quotes of the week

"I really enjoy coming to school. I love spending time with my friends and also being a role model to the younger children" (Year 6 child)

"I love learning" (Year 3 child)

"When we do Maths I like trying to answer the harder questions because that is how you learn" (Year 3 child)

"My teacher makes learning fun by planning fun lessons which help us loads" (Year 5 child)

"I want to answer as many TTRS questions as I can" (Year 2 child)



Having courage can be positive on an individual's mental health and wellbeing. Being courageous in the midst of fear can build your self-confidence. Embracing courage allows you to see the world from a different perspective. Making courage a part of your life equips you with the ability to empower others to do the same. Embracing courage and incorporating it into your life will increase your sense of happiness.



In the previous Wellbeing Newsletter, we told you that the children of St George's will be getting the opportunity to use their creative skills and take part in the 8 Billion Ideas ROAR Project 2023. This opportunity happened this week. It was great to see the children working well in teams, sharing ideas, using their imagination and then finally work together to create a product that will change the world.



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](mailto:office@st-georges-wrotham.kent.sch.uk) for more information.

## Safeguarding – Keeping Children Safe in Education Looking at Safeguarding beyond the family

Contextual Safeguarding is understanding that children and young people have many different social contexts in which they could be at risk of harm or abuse from other adults and peers.

Contextual safeguarding recognises the impact of the public/social context on young people's lives and consequently, their safety.

Examples of this could be through online bullying, gangs or organised activities such as youth clubs.

Contextual safeguarding seeks to identify and respond to harm and abuse posed to young people outside their home, either from adults or other young people.

Never be afraid to voice your concerns.

## Wellbeing at St George's What is depression?

Depression is a low mood that lasts for a long time, and affects your everyday life. In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live.

If you feel as though you are suffering from these symptoms, take a look at <https://www.mind.org.uk/> or get in touch with the school.

## 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!*

## New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Make a list of new things you want to try out this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times			



**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