



Wellbeing Newsletter

Oct 2021

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

Our new Wellbeing Committee

We would like to congratulate Reece, Victor, Mila, Isla, Lola and Dexter on becoming our new Wellbeing Committee members. They are going to be meeting with Mr Jones every fortnight and coming up with ideas that will improve the mental health and wellbeing of children at St George's Church of England Primary School. We can't wait to see what they come up with. Keep an eye out in future Wellbeing Newsletters to see what they have planned.

Hello Yellow Day!

A reminder that Monday 11th October is our Hello Yellow Day!

We will be inviting the children to wear something yellow with their school uniform, e.g. a yellow t-shirt, a yellow dress, a yellow hairband, yellow socks, or maybe even a yellow hat. Children can wear all yellow, or a token 'yellow' item with their school uniform. We are wearing yellow to show young people they are not alone with their mental health. It is important for us all to know that keeping mentally healthy is just as important as being physically healthy.



YOUNG MINDS

#HelloYellow

We are also going to set the children of St George's Church of England Primary School a challenge over the weekend of the 9th and 10th of October. We are inviting children to complete an activity for each of the five ways. The challenges are as follows:

Connect – Talk to someone you have not spoken to for an extended period of time (a friend or family member)

Be active – Go for a walk or take part in a sporting activity

Take notice – Write down three things in life that you feel grateful for

Keep learning – Try something that is new to you. This could be a new sport or do some research to learn something new on a subject that interests you

Give – Try to do something kind over the weekend

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



Take a look at this:

Asking for help

It is very easy to get lost in the pressures of family life, work or money worries. This can seriously impact your wellbeing. The old adage of "A problem shared is a problem halved" really does work.

Be brave, ask a friend or family member to share the load when you need it and you will notice the benefits to your general well-being

Please contact us for any help or advice.

Early Help

Early help is a service for families to help them to do well, stay safe and resolve problems at the earliest possible opportunity, before they become more serious.

Take a look at the link below and this will guide you in the right direction of what help is available to you.

<https://www.kent.gov.uk/education-and-children/early-help-support-for-families#tab-1>

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!

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Write down three things you can look forward to this month.	2. Find something to be optimistic about (even if it's a difficult time)	3. Take a small step towards a goal that really matters to you	4. Start your day with the most important thing on your to-do list	5. Be a realistic optimist. See life as it is, but focus on what's good	6. Remind yourself that things can change for the better	7. Look for the good in people around you today
8. Make some progress on a project or task you have been avoiding	9. Share an important goal with someone you trust	10. Take time to reflect on what you have accomplished this week	11. Avoid blaming yourself or others. Find a helpful way forward	12. Look out for positive news and reasons to be cheerful today	13. Ask for help to overcome an obstacle you are facing	14. Do something constructive to improve a difficult situation
15. Thank yourself for achieving the things you often take for granted	16. Put down your to-do list and do something fun or uplifting	17. Take a small step towards a positive change you want to see in society	18. Set hopeful but realistic goals for the week ahead	19. Identify one of your positive qualities that will be helpful in the future	20. Find joy in tackling a task you've put off for some time	21. Let go of the expectations of others and focus on what matters to you
22. Share a hopeful quote, picture or video with a friend or colleague	23. Recognise that you have a choice about what to prioritise	24. Write down three specific things that have gone well recently	25. You can't do everything! What are your three priorities this week?	26. Find a new perspective on a problem you face	27. Be kind to yourself today. Remember, progress takes time	28. Ask yourself, will this still matter a year from now?
29. Plan a fun or exciting activity to look forward to	30. Identify three things that give you hope for the future	31. Set a goal that brings a sense of purpose for the coming month	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