



Wellbeing Newsletter

Term 1 2026

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

Welcome Back!

As we begin a new school year, we would like to extend a warm welcome to all our pupils, families, and staff. A new term brings fresh opportunities to learn, grow, and make new connections. Wellbeing remains at the heart of everything we do, and we look forward to supporting our school community as we work together to make this a happy, healthy, and successful year for all.

Thoughts on the first week back:

"I'm really excited to have an important job in the school; I can't wait until I meet my buddy." (Sycamore Class)

"I'm enjoying Maths and English because we are learning interesting things." (Willow Class)

"I like playing with my friends on the field." (Maple Class)



The Power of Respect - this term's Christian Value

Respect is associated with kindness, consideration, understanding, and valuing others. As Christians, we are encouraged to treat everyone with dignity because each person is created in God's image. Respect means listening carefully, using positive words, appreciating differences, and showing care for people, our environment, and ourselves.

Hello Yellow

On Friday 9th October, we will be taking part in the Hello Yellow campaign to raise awareness of the importance of mental health and wellbeing for young people.

We invite all children to wear a yellow accessory with their school uniform, such as a ribbon, hairband, socks, tie, badge, or scarf. By wearing yellow, we can show our support and help start positive conversations about mental health.

Together, let's brighten the day and remind everyone that it's okay to talk about how they're feeling. ♥

"One small splash of yellow can make a big difference."



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 reception@st-georges-wrotham.kent.sch.uk
We would love to hear your opinions! Thank you for your continued support of our school!

Bumble Bee Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of breaths.
- 3 Breathe in through your nose, keeping your lips sealed.
- 4 As you breathe out, hum an 'M' sound.
- 5 At the end of your breath, breathe in and repeat.
- 6 Can you feel the vibrations in your mouth?

Wellbeing Links

[Place2be.org.uk](https://place2be.org.uk) have pulled together a list of recommended wellbeing activities, ideas and resources for parents and carers.

Talking to a child about how they're feeling can be hard. By taking 20 minutes with them to do an activity, parents can create a relaxed space to start that conversation. Here are lots of fun activity ideas, conversation starters and advice to make talking easier and help parents at [Youngminds.org.uk](https://youngminds.org.uk).

Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time
14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one
21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories
28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans
	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				
ACTION FOR HAPPINESS		Happier · Kinder · Together				

Keep in touch - stay informed

You can find out about what's going on at St George's in a variety of ways:

Keep up to date with newsletters, Visit the school website: www.st-georges-wrotham.kent.sch.uk/

Follow us on X: @StGeorgesKent Instagram: stgeorgesceprimary_wrotham

Respect

Courage

Kindness

Forgiveness

Hope

Honesty