



Wellbeing Newsletter

December 2020

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

We did it! St George's Church of England Primary School have won the Wellbeing Award

We are very proud to say that our school has achieved the "Award Place Wellbeing Award for Schools" last week. It goes to show what an amazing job the Wellbeing Committee and Change Team have done for the Mental Health and Wellbeing of everyone involved at St George's! Thank you to everyone!

The Award

The award is a brilliant achievement, and one we are very proud of, however we understand that working to help and promote positive mental health and wellbeing must continue for everyone involved at our school.

We will still continue working with the Wellbeing Committee to come up with new ideas to make the school an even happier place to be involved with.



Christmas poster competition

After the success of our previous 'Kindness Poster Competition', we are going to set a new challenge and this is a poster competition for this term's value which is 'courage'.

The posters that were entered in the 'Kindness Poster Competition' were informative, colourful and are now displayed proudly around the school. We are hoping for more of the same for this competition.

The final day for getting your posters handed in to your teacher is Friday 8th January. Each applicant will receive 5 Dojo points and the winner of the competition will receive 10 Dojo points. Good luck to everyone!

Comments from the final Wellbeing Award Report

"The school has built upon their clear Christian vision and values as a basis to supporting the mental health and wellbeing of all parts of the school community. This support is based on care and respect for each other and deeply embedded."

"There is a strong sense of team, valuing and looking after each other. Staff morale is high and so is staff retention. All staff are proud of their school and there is a strong sense of belonging. Everyone has worked hard to maintain this during the challenges of the current pandemic."

"There is a focus on building and maintaining positive relationships with all members of the school community and creating the culture and climate where all members of the school community can support and encourage each other."

Taking up a new hobby

One way to improve your wellbeing is to try something new. There are lots of low cost and free courses available throughout the borough.

Why not visit <https://www.kentadulteducation.co.uk/online-courses/> and check out what's on offer.

Wellbeing at St. George's



What is anxiety?

Anxiety is a feeling of fear or panic. Feeling generally anxious sometimes is normal. Most people worry about something but once the difficult situation is over, you feel better and calm down. If the problem is gone but the feeling of fear and panic stays, that's when anxiety becomes a problem.

If you feel as though you battle with anxiety there are places to turn to for advice: contact us at school for confidential support and signposting or check our website wellbeing page for lists of helpful agencies.

Wellbeing at St. George's

Mental Health awareness Who can help you?



<https://www.childline.org.uk/toolbox/>

<https://www.families-first.org/>

<https://www.mind.org.uk/>

Above are some websites you may want to view if you feel as though you need help.

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!



KINDNESS CALENDAR: DECEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Share the Kindness Calendar with others and spread kindness

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Give kind comments to as many people as possible today

5 Make a gift for someone who is homeless or feeling lonely

6 Support a charity, cause or campaign you really care about

7 Leave a positive message for someone else to find

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Be generous. Feed someone with food, love or kindness today

12 Buy an extra item and donate it to a local food bank

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Practice gratitude. List the kind things others have done for you

18 Give away something that you have been holding on to

19 Buy locally and support independent shops near you

20 Contact someone who may be alone or feeling isolated

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2021

Let's look beyond our differences and help each other. Every act of kindness matters



ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

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