

# Wellbeing Newsletter

February 2021

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

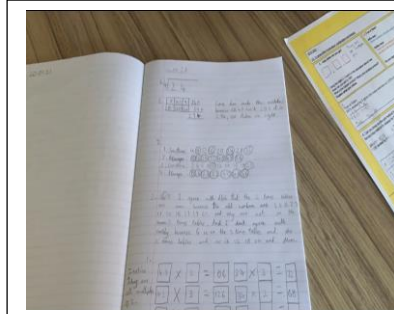
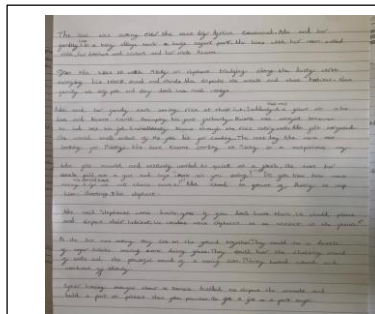
## A happy new year to everyone involved at St George's!

Our final newsletter of 2020 mentioned the fact that we were successful in our goal of achieving the Wellbeing Award for Schools! Our aim is to continue providing help, tips and resources to support both adults and children, as we know that wellbeing, physical and mental healthcare are all vital to successful learning.

From all of the staff here at St George's, we want to say a big well done for all of the brilliant work that you are completing at the moment.

Working from home can be difficult but we believe that you are all doing an amazing job. We have been wowed by some of the English and Maths you have produced. We have loved seeing you complete your tasks in the afternoon too! Videos of PE lessons, pictures of artwork and seeing all of the Science experiments taking place has been fantastic to see!

We are hoping that it won't be for too much longer and that we will have full classrooms soon but we just want to say – Keep up the quality work! We are really proud of all of you!



Want to try something new? Check out the Kent Adult Education website and have a look:

<https://www.kentadulteducation.co.uk/online-courses/>

## Wellbeing at St. George's



### OCD

Obsessive compulsive disorder (OCD) is a common mental health condition in which a person has obsessive thoughts and compulsive behaviours.

It affects men, women and children, and can develop at any age. Some people develop the condition early, often around puberty, but it typically develops during early adulthood.

People with OCD are often reluctant to seek help because they feel ashamed or embarrassed.

But there's nothing to feel ashamed or embarrassed about. It's a health condition like any other. Arranging a meeting with your GP could be the first step many need.

Please contact us for any help or advice.

## Wellbeing at St. George's

### Importance of having a positive image



Wellbeing this week is a little reminder that to feel our best we should keep our bodies and minds equally healthy. Feeling confident about how you look is the first step to feeling great! We all come in different shapes and sizes so let's celebrate who we are! You can find more information on promoting body image self-esteem at:

[www.dove.com/uk/dove-self-esteem-project.html](http://www.dove.com/uk/dove-self-esteem-project.html)

## 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: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you.	2 Ask a friend how they have been feeling recently.	3 Do an act of kindness to make life easier for someone else.	4 Organise a virtual 'tea break' with colleagues or friends.	5 Show an active interest by asking questions when talking to others.	6 Get back in touch with an old friend you've not seen for a while.	7 Make an effort to have a friendly chat with a neighbour.
8 Share what you're feeling with someone you really trust.	9 Thank someone and tell them how they made a difference for you.	10 Look for the good in people, even when they frustrate you.	11 Send an encouraging note to someone who needs a boost.	12 Focus on being kind rather than being right.	13 Send a friendly message of support to a local business.	14 Tell your loved ones why they are special to you.
15 Smile at the people you see and brighten their day.	16 Check in on someone who may be struggling and offer to help.	17 Respond kindly to everyone you talk to today, including yourself.	18 Appreciate the good qualities of someone in your life.	19 Share a video or message you find inspiring or helpful.	20 Make a plan to connect with others and do something fun.	21 Actively listen to what people say, without judging them.
22 Give sincere compliments to people you talk to today.	23 Be gentle with someone who you feel inclined to criticise.	24 Tell a loved one about their strengths that you value most.	25 Thank three people you feel grateful to and tell them why.	26 Give positive comments to as many people as possible today.	27 Call a friend to catch up and really listen to them.	28 Make uninterrupted time for your loved ones.



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

### ACTION FOR HAPPINESS



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

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

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 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