



Wellbeing Newsletter

July 2021

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

We say our goodbyes to Sycamore Class

Well what a year it has been! It hasn't quite been a 'normal' school year here at St George's Church of England Primary School but the children have achieved so much over the past twelve months. We have seen each child grow as a person and we will be especially sad (but proud) to see our current Sycamore Class move onto their new adventures. Change can be scary for some, but it also creates new experiences and new opportunities to thrive, which I am sure our Year 6 children will do.

A big thank you to our Wellbeing Committee

Over the year our Wellbeing Committee has made a huge difference to our school. They have come up with new initiatives and ideas which have had a massive impact on every one of us. They have helped children on the playground, given children a voice in the classroom and been fantastic role models for the rest of the school. They also had a huge role in us achieving the Wellbeing Award for schools.

A massive well done and thank you from all of us at St George's.



Message to all of Sycamore Class

You have all had a phenomenal journey here at St George's Church of England Primary School. Each one of you has grown into an intelligent, hard-working, polite child. You should all be incredibly proud of what you have achieved.

You will now go and move onto the next stage of your lives – secondary school. If you continue with the values that you have learnt here, you will succeed.

Good luck, keep hold of those memories and start making new ones.

From everyone at St George's!



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:

Who to contact when school is closed

In case of a concern or a safeguarding emergency, please remember that there are places to turn to, when schools are not open.

These include:

- NSPCC - 08088005000
- 999

Kent County Council are also on hand:
Concerned about an adult?

- Call 03000 41 61 61

Concerned about a child?

- Call 03000 41 11 11

Or email on social.services@kent.gov.uk

Fresh starts

As we prepare to say goodbye to class teachers, and even move onto new schools, we understand that it can be nerve-wracking but these are all normal feelings.

Change can be daunting but can also be exciting and new opportunities to learn and progress await us.

Many tips to manage anxiety involve a healthy lifestyle with regular exercise to reduce stress hormones.

A good sleeping habit, a sense of routine and a healthy diet can all help manage anxious feelings.

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!

Jump Back Up July 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
Take a small step to help overcome a problem or worry

2
Adopt a growth mindset. Change "I can't" into "I can't...yet"

3
Be willing to ask for help when you need it

4
Find something to look forward to today

5
Get the basics right: eat well, exercise and go to bed on time

6
Pause, breathe and feel your feet firmly on the ground

7
Shift your mood by doing something you really enjoy

8
Avoid saying "must" or "should" to yourself today

9
Put a problem in perspective by seeing the bigger picture

10
Reach out to someone you trust and share your feelings with them

11
Look for something positive in a difficult situation

12
Write your worries down and save them for a specific 'worry time'

13
Challenge negative thoughts. Find an alternative interpretation

14
Get outside and move to help clear your head

15
Set yourself an achievable goal and take the first step

16
Find fun ways to distract yourself from unhelpful thoughts

17
Use one of your strengths to overcome a challenge today

18
Let go of the small stuff and focus on the things that matter

19
If you can't change it, change the way you think about it

20
When things go wrong, pause and be kind to yourself

21
Identify what helped you get through a tough time in your life

22
Find 3 things you feel hopeful about and write them down

23
Remember that all feelings and situations pass in time

24
Choose to see something good about what has gone wrong

25
Notice when you are feeling judgmental and be kind instead

26
Catch yourself over-reacting and take a deep breath

27
Write down 3 things you're grateful for (even if today was hard)

28
Think about what you can learn from a recent problem

29
Be a realistic optimist. Focus on what could go right

30
Reach out to a friend, family member or colleague for support

31
Remember we all struggle at times - it's part of being human

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