



# Wellbeing Newsletter

May 2021

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

## Term 5 has arrived!

As this is the first Wellbeing Newsletter since the Easter break, we would firstly like to welcome you back to St George's. We hope you had a fantastic, relaxing break and I can safely say that the children have made a brilliant start to term 5. The first week back after the Easter holiday was Art week. Expressing yourself through art is brilliant for your mental health and wellbeing, and as you can see below, the children created some superb pieces of art work!

### The Wellbeing Committee

The Wellbeing Committee met once again this week to discuss how things are going for the pupils at St George's and what we can do to make things better across the school.

Each conversation was very positive and one member of the committee stated – "It is all really positive in my class. It is clear that the children want to come to school and they are happy when they are here".

We are now looking at how we can improve things further.



### Art can have a valuable role in creating positive mental health

More and more people now appreciate that the arts and culture can play a valuable role in helping people who have problems with their mental health.

The arts can make a powerful contribution to health and well-being. There are many examples and much evidence of the beneficial impact they can have.

The best part is that it helps people to improve their mental health through creativity. Making art is helping many people express themselves, without having to use words.

### Some quotes from this week:

**"I am really enjoying cross country in the morning. I like to have a run before school" (Polly, Beech)**

**"I really like the English lessons my teacher plans. I am a big reader and I love writing and when my teacher gives me feedback I feel proud" (Isobel, Willow)**

**"We get to go on the field now which is good and I love playing with my friends outside" (Amelie, Oak)**

**"I'm really happy in school" (Amelia, Willow)**

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](mailto:office@st-georges-wrotham.kent.sch.uk) for more information.

## Wellbeing at St. George's

Take a look at this:



<https://10daysofhappiness.org/>

10 Days of Happiness is a free 10-day online coaching program which guides you through daily actions for happier living.

It is designed for challenging times, based on the latest research from positive psychology, neuroscience, and behavioural science.

And it only takes just a few minutes each day!

## Sir Tom's 100 Challenge



A huge well done to everybody who took part in the 'Sir Tom's 100 Challenge!' A brilliant achievement!

## 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!

**Meaningful May 2021**

| SATURDAY  | SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|--|---|---|--|---|
| 1 Make a list of what matters most to you and why             | 2 Do something kind for someone you really care about               | 3 Focus on what you can do rather than what you can't do               | 4 Take a step towards an important goal, however small        | 5 Send your friend a photo from a time you enjoyed together               | 6 Look for people doing good and reasons to be cheerful            | 7 Let someone know how much they mean to you and why          |
| 8 Set yourself a kindness mission to help others today        | 9 Notice the beauty in nature, even if you're stuck indoors         | 10 What values are important to you? Find ways to use them today       | 11 Be grateful for the little things, even in difficult times | 12 Listen to a favourite piece of music and remember what it means to you | 13 Look around for things that bring you a sense of awe and wonder | 14 Find out about the values or traditions of another culture |
| 15 Do something to contribute to your local community         | 16 Look up at the sky. Remember we are all part of something bigger | 17 Show your gratitude to people who are helping to make things better | 18 Find a way to make what you do today meaningful            | 19 Send a hand-written note to someone you care about                     | 20 Reflect on what makes you feel valued and purposeful            | 21 Share photos of 3 things you find meaningful or memorable  |
| 22 Find a way to help a project or charity you care about     | 23 Share a quote you find inspiring to give others a boost          | 24 Recall three things you've done that you are proud of               | 25 Make choices that have a positive impact for others today  | 26 Ask someone else what matters most to them and why                     | 27 Remember an event in your life that was really meaningful       | 28 Focus on how your actions make a difference for others     |
| 29 Do something special and revisit it in your memory tonight | 30 Today do something to care for the natural world                 | 31 Find three reasons to be hopeful about the future                   |   |   |  |   |

**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