

Wellbeing Newsletter

Nov 2021

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

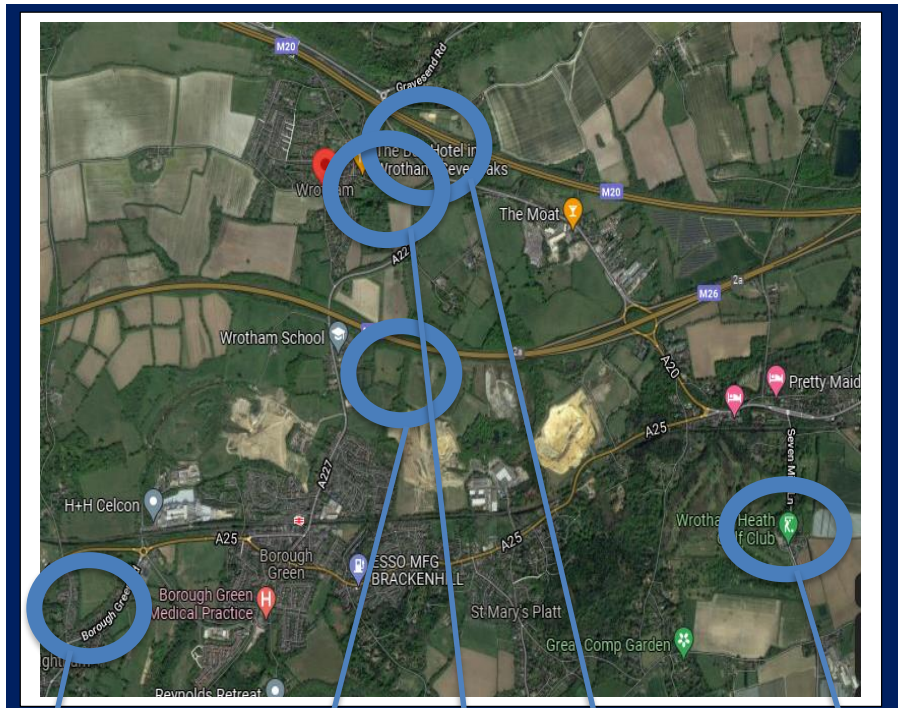
Welcome back

We hope you all had a great week during the half term break and we would all like to welcome you back to St George's! The Wellbeing Committee have been hard at work coming up with ideas which will improve our school and make it a happier place to be. Take a look below and find out what plans we have in place.

Importance of exercise on our mental health and wellbeing

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

Reece, one of our Wellbeing Committee members, thought it would be a good idea to highlight where you can take part in sports outside of school.



Wellbeing display
Our Wellbeing Committee also thought it was important to have a Wellbeing display in each classroom. This is where children can state how they are feeling so a teacher can then talk about their worry.



Tennis	Football	Bowls	Cricket	Golf
Ightham Tennis Club	Borough Green Junior Football Club	Wrotham Bowls Club	Wrotham Cricket Club	Wrotham Heath Members Golf Club
Sevenoaks Road, Ightham, Sevenoaks, TN15 9HA	They play and train in a number of local locations	Bull Lane, Wrotham, TN15 7RF	Pilgrims Way, Wrotham, TN15 7BQ	Seven Mile Lane, Borough Green, TN15 8QZ

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:



Mental Health Stress

There are many things that can lead to stress. But not all life events are negative and even positive life changes, such as moving to a bigger house, gaining a job promotion or going on holiday can be sources of stress.

There are many things we can do to help ourselves when these situations arise:

1. Realise and identify the cause
2. Review your lifestyle
3. Build supportive relationships
4. Eat healthily
5. Exercise
6. Take time out
7. Be mindful
8. Get a good amount of sleep
9. Don't be too hard on yourself

Wellbeing at St George's Domestic Abuse

Domestic abuse is a very real and damaging experience for all who experience and witness it. Domestic abuse is no longer constrained between partners and now recognised as between any family members. It is important to recognise that domestic abuse presents in many ways and is recognised to be physical, emotional and financial control and or harm.

Who to contact = www.domesticabuseservices.org.uk

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!

New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

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.

ACTION FOR HAPPINESS
Happier · Kinder · Together

Respect

Courage

Kindness

Forgiveness

Hope

Honesty