



Wellbeing Newsletter

October 2020

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

New Wellbeing Committee ready for a new year at St. George's!

All of us, here at St. George's, would like to welcome you all back to our fantastic school. We have loved seeing the school full again and we hope that your children have enjoyed coming back to school, as much as we have enjoyed having them back.

Wellbeing mentors

Just like last year, each class was asked to appoint a new Wellbeing Mentor – someone who will bring new ideas to the table and have the voice of their class heard by the teachers.

Many children wanted to be put forward for the award and, in the end, a child was voted for by each class.

We would like to congratulate Oscar, Nate, Lois, Hattie, Harry and Gracie for becoming their class mentors.



We are so excited to hear the ideas you have to keep the children at St. George's happy.

Your classmates chose you to be the mentor and you have made all of us very proud.

Congratulations and wear the badge with pride!

Fun Run Week

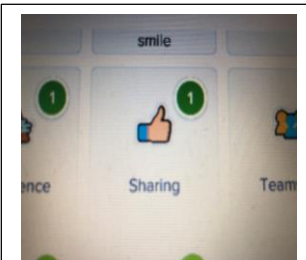
Exercise can have a hugely positive impact on children and adults' mental health and wellbeing.

Exercise improves mental health by reducing anxiety, depression and negative mood and by improving self-esteem and cognitive function.

Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.

The school has worked alongside the PTA and has organised a fun run for all of the children in the school. The week of the 16th November is going to be the St. George's Fun Run Week and in each PE lesson, the children will be taking part in a fun sponsored run with their class, with all the proceeds going towards new reading and spelling schemes for the school. We cannot wait!

Look at some of the ideas the Wellbeing Committee has come up with already:



What is depression?

Depression is a low mood that lasts for a long time and affects your everyday life. In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. If you feel as though you are suffering from these symptoms, take a look at <https://www.mind.org.uk/> or get in touch with the school.

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

Wellbeing at St. George's Taking part in Mindfulness activities

There are many ways to bring mindfulness activities into your life.

Check out the website <https://www.mind.org.uk/> for a list of different activities you could try yourself.

Remember, different things work for different people, so if you don't find one exercise useful, try another.

You can also try adapting them so that they suit you and are easier to fit in with your daily life.

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!



ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY

1 Make a list of new things you want to do this month

MONDAY

2 Respond to a difficult situation in a different way

TUESDAY

3 Get outside and observe the changes in nature around you

WEDNESDAY

4 Sign up to join a new course, activity or online community

THURSDAY

5 Change your normal routine today and notice how you feel

FRIDAY

6 Give yourself a boost. Try a new way of being physically active

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

8 Find out something new about someone you care about

9 Plan a new activity or idea you want to try out this week

10 When you feel you can't do something, add the word "yet"

11 Be curious. Learn about a new topic or an inspiring idea

12 Overcome a frustration by trying out a new approach

13 Choose a different route and see what you notice on the way

14 Find a new way to help or support a cause you care about

15 Go outside and do something playful - walk, run, explore, relax

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 Tune in to a different radio station or TV channel

27 Enjoy new music today. Play, sing, dance or listen

28 Join a friend doing their hobby and find out why they love it

29 Discover your artistic side. Design your own Christmas cards!

30 Look for reasons to be hopeful, even in difficult times



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

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.

Respect

Courage

Kindness

Forgiveness

Hope

Honesty