



# Wellbeing Newsletter

December 2022

St George's Church of England Primary School

Bringing Faith and Education together

## It's cold out there but it's warm inside!

It's getting very chilly outside but we've been doing lots to help warm our souls. It has been great to see the children persevering through this long half term, leading up to the Christmas break. We have all been working hard together to keep the momentum going, determined to make it to next Friday with a smile on our face!

The most important conversations we have each day are the inner ones we have with ourselves. Our **mental** chatter impacts every aspect of our lives - including our **health**, performance, relationships and behaviour.

Mrs Geoghegan spoke to a number of children around the school to tell us about their inner voice and what they say to themselves in times of worry and panic to boost our mental health.

"You can do it!"

"Keep trying, you will get better!"

"You can try again tomorrow."

"It's ok if you can't do something, we can't be good at everything!"

"You are confident to do this!"

"Believe in yourself!"

"PERSEVERE!"

## PHYSICAL HEALTH LEADS TO MENTAL HEALTH!

This half term we have been inundated with sports tournaments and have done amazingly well in each and every one. Exercise is such a huge contribution to our wellbeing and we are very lucky, here at St Georges, to have such a sporty student body with many of the staff also enjoying sports at the weekend to boost their own mental health.

Socially and culturally, sports also help bring people together for a shared purpose.



If you'd like some tips on how to get moving to feel better over the holidays have a look at this video from 'mind'.

<https://youtu.be/M4p6TddpHSg>



We received the Wellbeing and Resilience Award!  
Year 6 were also lucky enough to take part in a wellbeing workshop focused on Resilience with Mr Norton.



## Wellbeing at St. George's

### Who to contact when schools are 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-0808 800 5000
- 999

Please remember for any wellbeing advice there are a number of websites to check out:

[www.mind.org.uk](http://www.mind.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## 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.

deputy@st-georges-wrotham.kent.sch.uk

We would love to hear your opinions! Thank you for your continued support of our school!

## December Kindness 2022

### MONDAY



5 Give a gift to someone who is homeless or feeling lonely

### TUESDAY



6 Leave a positive message for someone else to find

### WEDNESDAY



7 Give kind comments to as many people as possible today

### THURSDAY

1 Spread kindness and share the December calendar with others

### FRIDAY

2 Contact someone you can't be with to see how they are

### SATURDAY

3 Offer to help someone who is facing difficulties at the moment

### SUNDAY

4 Support a charity, cause or campaign you really care about

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023

ACTION FOR HAPPINESS

Happier · Kinder · Together

The wonderful news is we managed to raise a mighty

# £644.57

For Children in Need earlier this term.

Medals and certificates for those who signed up to #runpudsey will be with you soon!

We are hoping to raise a little for Christmas Jumper Day too as the government will be doubling all donations made!

