



Wellbeing Newsletter

Jan 2025

St George's Church of England Primary School
Bringing Faith and Education together
'Letting our light shine' (Matthew 5:16)

A bright start to the new year!

The cold weather hasn't dampened the spirits of the children and staff here at St George's. It has been a busy, exciting start to the year! Children have started new topics in a number of subjects, our sports teams are busy with both home and away fixtures and there are many school trips and workshops booked in the diary. The value for this term is 'Kindness' and is a key value linked with wellbeing. Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, happiness and optimism. We look forward to seeing kindness spread around St George's this term!

Quotes of the term

"I am really enjoying the English topic on Shackleton. I am really interested in his expedition to Antarctica."
(Sycamore Class)

"We are doing lots of learning on our times tables. I like practicing them on TT Rockstars and improving my score."
(Willow Class)

"I love school! My favourite part is Maths. I have been counting and using number blocks up to 10!"
(Oak Class)



Mental Health and Wellbeing Workshop

On Tuesday all classes were lucky enough to be visited by Captain Wonderweb and the Esteem Machine.

The aim of the workshop was to show children that there are a number of ways we can improve our mental health and wellbeing. They looked at the importance of eating a balanced diet; how exercise can keep you fit and healthy and why it is important to reduce time on electronic devices. The children also discovered how getting a good night sleep can be good for your mental health, along with reaching out to family friends if they need to.



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.

Safeguarding at St George's

Take a look at this:
Keeping safe online

As today's children's toys and gadgets are enabling increased access to the internet, please remember to ensure you have;

Set up parent controls.
Be careful with what they share, including images, videos and personal information.
Take control of who sees what they post by using privacy settings.
Be mindful of who they are chatting to and gaming with – do they really know and trust them? If not, don't share personal details.

For further support and guidance visit:
www.thinkuknow.co.uk

Wellbeing at St George's

Mental Health awareness
Who can help you?

<https://www.childline.org.uk/toolbox/>

<https://www.youngminds.org.uk/>

<https://www.mind.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!

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for 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