



Wellbeing Newsletter

Mar 2025

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

The sunshine is on the way!

After quite a few months of miserable weather, the sunshine and spring weather seem to be on its way. As a school, we are looking forward to the exciting events that are coming in the coming months. Whether it is watching them perform in the Easter Service, strive for greatness on Sports Day and do their very best in all of the future end of year assessments coming up; we can not wait to see what our St George's children achieve. Our students always do us proud and they will continue to do so.

Quotes of the term

"I have loved this term because we have had Forest School. I love learning outdoors and enjoy working as a team with the friends"
(Sycamore Class)

"My favourite lesson is Reading! The book we are reading in class is my favourite!"
(Beech Class)

"School is really fun. We have frogspawn in the classroom and they are going to turn in to frogs."
(Oak Class)



The Power of Forgiveness – this term's value
Forgiveness is associated with lower levels of depression, anxiety, and hostility; higher self-esteem; and greater life satisfaction.

Doing something you love

At St George's we endeavour to provide our children with lots of opportunities to try new activities to develop new skills and expand horizons.

Hobbies can bring about so many positive benefits; personal fulfilment, increased social connections, stress relief and enhanced mental wellbeing. All of this makes for a healthier, happier life.



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
Calm hand activity

1. First ask your child to trace their hand on a sheet of paper.
2. The child then thinks of a positive memory that would help them feel safe and calm to remember even in the midst of stressful and triggering situations.
3. Write each of the five senses (seeing, hearing, tasting, touching, smelling) on each of the five fingers.
4. The child (or adult can write it down for the child) will draw and / or write about the memory in the palm of the hand.
5. Encourage your child to identify how the memory is experienced using each of the five senses on each finger and write or draw a picture for each.
6. Last but not least, talk about how thinking of this memory can help your child feel a sense of safety and inner calmness.

Wellbeing at St George's

Every Mind Matters - NHS

This website from the NHS offers help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/every-mind-matters/>

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!

Mindful March 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

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