



# Wellbeing Newsletter

October 2022

St George's Church of England Primary School

Bringing Faith and Education together

## We hope you've settled back into routine!

What a brilliant first half term we have had. It has been so great to see how settled the children are in their new classrooms with their new teachers. Particularly, seeing the new reception class and Year 3 make a place for themselves in a new key stage...and playground! Key stage 2 have been playing 'everybody's IT' which has involved so many different year groups, creating new friendships and support networks.

Our new school council met earlier in the term to discuss some ideas for charities we can support over the coming year.

We found out that 'studies have shown that giving is beneficial for combating stress, depression and anxiety and also serves to keep you mentally stimulated, improve your self-confidence and provide you with a sense of purpose. Being charitable will help teach children about the impact of giving back to the community.'

We will be supporting these charities:

- Autumn 1 - Harvest festival
- Autumn 2 - Children in Need
- Christmas bags of love
- Spring 2 - Comic Relief
- Summer 1 - Christian Aid
- Summer 2 - Local charity (to be confirmed)



Year 6

Lilly-Rose, Edward and Daisy



Year 5

Lilah and Elliot



Year 4

Nate and Brooke



Year 3

Jay and Polly



Year 2

Charlie and Brooke



Year 1

Darcey and Max

### 18th October FUN RUN

Physical activity is well known to release feel-good hormones that make you feel better in yourself and give you more energy. Our Fun Run this week has had just that effect and the children have had a last boost of energy for the end of this very long half term!

Although we're creeping closer to winter and the colder weather, don't forget to keep up with physically stimulating activities over half term and through out Term 2 so the children can keep their bodies and minds healthy and in good working order!

## Year 6 thoughts on our first half term

“ It was really fun for Oak class to join with their balloon rainbow and slide on their first day.”

“The fun run was really good and it was great that people weren't as competitive as they might usually be or could have been and there was more of a focus on helping others. A lot of the year 6's were running with their buddies and people were helping others if they were finding it hard.”

“The Festival of Lights was great for us to all get together as a community which is a great thing to do every so often so we can celebrate different moments in history and important festivals together.”

## 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 Mrs Geoghegan.

E.geoghegan@st-georges-wrotham.kent.sch.h.uk

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

**Optimistic October 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

Thank you for your support and involvement in our #HelloYellow day. It was great to see so much sunshine around the school!

