



# Wellbeing Newsletter

Nov 2024

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

## Making the most of a busy first term

St George's has been a busy place since the beginning of the school year! There have been many school trips taking place, with Year 6 spending the day at the Science Museum, Year 4 had the opportunity to perform in front of an audience at Ightham Mote, as well as our Year 2s showing off their cooking skills by making pizzas at Pizza Express. Our sports team have also been very busy with children representing the school in netball and rugby. We also have so much to look forward to with Young Voices and the Love2Dance performance just round the corner.

### Quotes of the term

**"It has been a great start to the term. The lessons we have been doing have been so much fun!"**

**(Year 5 child)**

**"We are learning all about how the school has changed!"**

**(Year 2 child)**

**"I really like that we get to do Forest School this term. We have so much fun as a whole class!"**

**(Year 4 child)**



### ROAR Project

Once again St George's took part in the ROAR Project – giving our children the opportunity to really think about the world they live in and, as a team, use their imaginations to think of ideas that can change the world for the better.

Research shows that engaging in imaginative activities can help us to relax and reduce stress levels. When we focus our minds on creative tasks, we can escape from our worries and anxieties and experience a sense of calm.



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](mailto:office@st-georges-wrotham.kent.sch.uk) for more information.

## Wellbeing at St George's

Take a look at this:

### 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](http://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/](http://www.st-georges-wrotham.kent.sch.uk/)

Follow us on twitter: @StGeorgesKent

Keep up to date with newsletters

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

*Speak with us – we are happy to help in any way we can!*

New Ways November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Sign up to join a new course, activity or online community	 5 Change your normal routine today and notice how you feel	 6 Try out a new way of being physically active	 7 Be creative. Cook, draw, write, paint, make or inspire	 1 Make a list of new things you want to do this month	 2 Respond to a difficult situation in a different way	 3 Get outside and observe the changes in nature around you
 11 Choose a different route and see what you notice on the way	 12 Find out something new about someone you care about	 13 Do something playful outdoors – walk, run, explore, relax	 14 Find a new way to help or support a cause you care about	 8 Plan a new activity or idea you want to try out this week	 9 When you feel you can't do something, add the word "yet"	 10 Be curious. Learn about a new topic or an inspiring idea
 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 Try out a different radio station or new TV show	 27 Join a friend doing their hobby and find out why they love it	 28 Discover your artistic side. Design a friendly greeting card	 29 Enjoy new music today. Play, sing, dance or listen	 30 Look for new reasons to be hopeful, even in tough times	

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.

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

Respect

Courage

Kindness

Forgiveness

Hope

Honesty