



Wellbeing Corner

In September we embarked on the Wellbeing Award for Schools. Part of the process has been to collect information and views from parents, pupils and staff. This information has been used to create an action plan to enable us to develop our provision for wellbeing across the school.

Last term we have held a Wellbeing Week and Mindfulness day with workshops and activities for the children across the school. We have held team challenges for staff and pupils and talked to the children about wellbeing and how they can support themselves to be mentally healthy.

We now have 3 staff trained as Emotional Literacy Support Assistants (ELSAs). Their role is to provide additional pastoral support across the school. We have also established an ELSA room and have drop in sessions each day for pupils to come and talk to a member of staff. We have set up an email account for parents to email the ELSA's if they feel their daughter would benefit from additional emotional support: elsa@seatonhouse.sutton.sch.uk

Over the next few months we will continue to develop our provision and welcome your feedback and ideas. At the moment we are working on developing a Playground Buddy system with Form 5 girls taking on this responsibility. We will provide some training in playground games and work with the girls to establish playground rules.

Each week on the newsletter we will report back on developments and share some of the success stories and examples of positivity and wellbeing.



Sarah McGreevy

Examples to share:

Reception class have introduced a mindfulness calendar with challenges for each day. One of the challenges was to do something kind during the day. The girls were amazing and told me all about their acts of kindness during our assembly. Safa helped a friend to put on their apron, Thea helped a friend put on her boots and Radhika gave Miss McGreevy a massager to help her relax.

Weekly wellbeing challenges:

- Stand in your garden and take 5 deep breaths. Identify 4 things you can see, 3 things you can hear and 2 things you can smell.
- Acts of kindness: do something kind, to help someone, each day. This could be helping tidy up, giving someone a compliment or play a game with someone.