

Wellbeing Corner

News:

Next week is Mental Health Awareness week. At school we have established 'Wellbeing Wednesday' each week. Each Form thinks about wellbeing and explores different mindfulness activities. This might be colouring, playing games, sharing a class story or yoga. The girls are also encouraged to think about what they are grateful for.

This term we have introduced 'Wellbeing Captains' for each Form, this is alongside our Form Captain.

Next week we will hold our first meeting. Our aim is to include the children in the process of developing wellbeing and ensure we have their input regarding changes we make and initiatives we introduce. Each classroom will have a wellbeing board for the girls to note ideas for Wellbeing Wednesday and we will meet each term to share ideas about wellbeing across the school.

We are also setting up a Wellbeing information board in the entrance hall. This will have information, support leaflets and contact information regarding support networks, websites and agencies.

ELSA

If you have any concerns about your daughters wellbeing or you feel they need a little extra support to deal with worries, friendship issues or events outside school, please contact your child's Form Teacher or email the ELSA's directly.

elsa@seatonhouse.sutton.sch.uk



Resources: These are also saved on Google Classroom

<https://www.mentalhealth.org.uk/publications/how-to-order> These are leaflets to offer information and support

Next week is Mental Health Awareness Week and below are some resources the girls might like to use at home:

All about me tree:

[file:///C:/Users/smcgreevy/AppData/Local/Temp/Temp1_Wellbeing%20resources%20May%202022.zip/Primary%20wellbeing%20pack%202022/\(NEW\)%20Ant%20&%20Dec's%20Propa%20Happy%20PSHE%20lessons/PROPA%20HAPPY%20-%20All%20About%20Me%20Tree%20activities.pdf](file:///C:/Users/smcgreevy/AppData/Local/Temp/Temp1_Wellbeing%20resources%20May%202022.zip/Primary%20wellbeing%20pack%202022/(NEW)%20Ant%20&%20Dec's%20Propa%20Happy%20PSHE%20lessons/PROPA%20HAPPY%20-%20All%20About%20Me%20Tree%20activities.pdf)

Find your happy:

[file:///C:/Users/smcgreevy/AppData/Local/Temp/Temp1_Wellbeing%20resources%20May%202022.zip/Primary%20wellbeing%20pack%202022/\(NEW\)%20Ant%20&%20Dec's%20Propa%20Happy%20PSHE%20lessons/PROPA%20HAPPY%20-%20Find%20Your%20Happy%20activities.pdf](file:///C:/Users/smcgreevy/AppData/Local/Temp/Temp1_Wellbeing%20resources%20May%202022.zip/Primary%20wellbeing%20pack%202022/(NEW)%20Ant%20&%20Dec's%20Propa%20Happy%20PSHE%20lessons/PROPA%20HAPPY%20-%20Find%20Your%20Happy%20activities.pdf)

A competition run by Ant and Dec to spread positivity and happiness:

[file:///C:/Users/smcgreevy/AppData/Local/Temp/Temp1_Wellbeing%20resources%20May%202022.zip/Primary%20wellbeing%20pack%202022/\(NEW\)%20Ant%20&%20Dec's%20Propa%20Happy%20PSHE%20lessons/Pass%20the%20Positivity%20competition.pdf](file:///C:/Users/smcgreevy/AppData/Local/Temp/Temp1_Wellbeing%20resources%20May%202022.zip/Primary%20wellbeing%20pack%202022/(NEW)%20Ant%20&%20Dec's%20Propa%20Happy%20PSHE%20lessons/Pass%20the%20Positivity%20competition.pdf)