

Wellbeing Corner

News:

This week is Mental Health Awareness week. At school, we have been promoting 'Wellbeing Wednesday' across the school. On a Wednesday, each Form generates a number, which relates to a Random Act of Kindness, this might be smiling at people, paying someone a compliment or playing with someone new.

We have also been thinking about what we are grateful for. Thinking about the little things that bring us moments of happiness help promote a positive mindset and spread positivity. In the resources box below is a link to more information about positive thinking.

This week we had our first meeting with the 'Wellbeing Captains' for each Form. These will take place each term and provide an opportunity for the girls to share their views on wellbeing and make suggestions for promoting this across the school. The girls have a board in the classroom to add ideas for the class.

Our Wellbeing information board is now set up in the entrance hall and provides 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

The following website has information about the value of a positive attitude and activities the girls can do to develop a more positive outlook:

<https://biglifejournal.com/blogs/blog/children-positive-attitude>

Clip for children about resilience:

<https://youtu.be/zeu9X88g8DE>

