

Wellbeing Corner

Growth Mindset

Next week the girls in KS1 and KS2 will take part in a Growth Mindset assembly. Developing a Growth Mindset supports not only academic achievement, it is also important for our wellbeing.

Yo-yos are on sale next week until Wednesday. You can pay via parent mail and the girls can then choose their yo-yo at school. We will also have a cash sale on Wednesday after school. The yo-yos will be on display in the LRC. In September, I will be running a yo-yo club at lunchtime for the girls to practice their skills (the girls will not need to bring in their own yo-yo).

Information about the workshop can be found by following this link:

<http://www.mindsetmission.com/assembly.html>



The following websites also have useful information about building a positive mindset:

[Building Positive Mental Health | School Resources | YoungMinds](#)

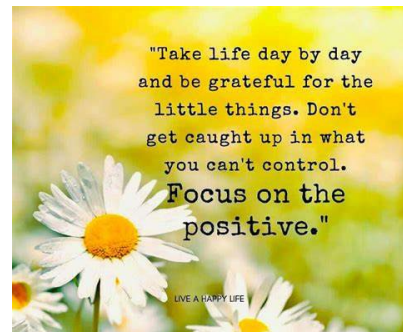
[Taking a moment to develop healthy habits \(teachermagazine.com\)](#)

[Mental health resources for children, students, parents, carers and school/college staff - The Education Hub \(blog.gov.uk\)](#)

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



Wellbeing Award for Schools

We embarked on the **Wellbeing Award for Schools** in September to enable us to review and develop our provision for mental health and wellbeing across the school community.

As a result, we have introduced a number of initiatives and changes. We have already seen a huge improvement in terms of the girl's ability to talk about their emotions and develop strategies to support their wellbeing. This is an ongoing process and we will continue to review and develop our provision.

All parents have been asked to complete a quick questionnaire on google classroom. I would be very grateful if as many parents as possible could complete this so we can complete a review. The following link will take you to the questionnaire: [Parent questionnaire summer 22 - Google Forms](#)

Thank you very much for your support.

Sarah McGreevy