

# Wellbeing Corner

## Free Emotional Wellbeing Webinar

There is still time to register for a free webinar for parents, focused on supporting children with emotional wellbeing. The webinar is on Tuesday 20th September at 7.30 pm and is for parents of children of all ages.

**Register here:**

[https://us02web.zoom.us/webinar/register/3416564091687/WN\\_Gf7Qmaw\\_QuyW6gG99IWjgw](https://us02web.zoom.us/webinar/register/3416564091687/WN_Gf7Qmaw_QuyW6gG99IWjgw)

**The following websites also have useful information about supporting child's wellbeing:**

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

<https://mentallyhealthyschools.org.uk/media/2215/rebuild-and-recover-anxiety-tools-for-parents.pdf>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/#Howtohelpyourchildinanxiousmoment>

## ELSA

Our ELSA room is open daily at lunchtime (Forms 1-6). Please remind your child that they are able to come to the ELSA room (12.40-1.10) to talk to an adult, if they have any worries. Parents can also contact the ELSA's directly using the following email: [elsa@seatonhouse.sutton.sch.uk](mailto:elsa@seatonhouse.sutton.sch.uk)



## Mindfulness Day: Amazing Me!

Today the girls have taken part in a variety of activities to support emotional wellbeing and promote mindfulness. The focus for the day has been 'Amazing Me' and promoting body confidence. We have used resources from the Dove Self Esteem project ([Dove Self-Esteem Project UK - For Primary Schools - National Schools Partnership](#)), together with a workshop and activities, to explore how amazing we really are!

Reception to Form 6 have taken part in a variety of activities across the day, with a focus on encouraging the girls to recognise their talents and skills and what makes them special. The Dove Lessons focus on thinking about our bodies in terms of what they enable us to achieve rather than comparing ourselves in terms of looks.

Promoting body confidence, an appreciation of the inner beauty and the ability to recognise what makes them special will support the girls in the future as they face the challenges of teenage years and the pressure from social media. The following website has some useful information and resources for parents: [Body confidence | PACEY](#)

Further information about supporting confidence and self esteem can be found at: [Information for young people on confidence and self-esteem - Mind](#)

Have a wonderful weekend.