

# Wellbeing Corner

On Thursday the girls in Form V organised and ran an afternoon of Friendship activities. The girls were amazing and did a fantastic job collecting resources, planning, and delivering, their workshops. I am so proud of each of them and amazed by their enthusiasm, confidence and teamwork! Well done girls.

We had a wonderful afternoon making friendship bracelets, discussing friendship, taking part in team games and creating colourful friendship posters.



With **Halloween** just around the corner, this week's well-being corner focus is on childhood fears and ways to help support children through them.

Firstly, it is important to remember that these fears, whether it is a fear of the dark, monsters under the bed or loud noises are completely normal. Secondly, while they may seem trivial to us as adults, to your child these fears can be big and the feelings they experience are real.

Rather than dismissing their fears, try talking them through and helping them address them face on. Below is a website that can give some further information and advice. <https://childmind.org/article/help-children-manage-fears/>

## 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)