

Wellbeing Corner

Wellbeing champions

This week we held our first Wellbeing Forum for this academic year with the Wellbeing champions for Form 1-6. These meetings take place each term and are an opportunity for the girls across the school to share their ideas regarding the provision and support for wellbeing. It is important that we have the opportunity to get feedback from the girls and listen to their views and opinions regarding wellbeing.



Our Head Girl (Ella Erasmus) and Deputy Head Girls (Sophia Saeed) will be leading the Wellbeing Champions and supporting the development of their role across the school. Ella and Sophia will help to run the Forum meetings, organise the display on the interactive wellbeing board and provide feedback/updates for the newsletter.

We have introduced 'You said, we did' as a way of demonstrating to the girls that their views are important, listened to and acted upon.

So far as a result of feedback from the girls we have:

Purchased extra playground equipment and allocated it to year groups.

Identified and trained Playground Buddies

Supported the girls in FV to organise and run a Friendship Day

Established a wellbeing session each week

Extended lunchtime clubs to include mindfulness colour on 3 days together with yoyo and games club.

Established daily drop in sessions for ELSA and a communication box

We have moved Wellbeing Wednesday to become Feel Good Friday. This now has a timetable slot each week to reflect the value placed on wellbeing.

Wellbeing display

At Parent Evening this week, we had a display of some of the wellbeing information we are able to provide for parents. If you would like information or support regarding your child's wellbeing please email Mrs Sarah McGreevy (sarahm@seatonhouse.sutton.sch.uk) or the dedicated ELSA email (elsa@seatonhouse.sutton.sch.uk)

If your daughter has any concerns or worries, please remind them they can: talk to their Form Teacher and TA or visit the ELSA room to talk to an adult at lunchtime each day. They can also drop a note in the ELSA communication box to let us know they would like a chat.