

Wellbeing Corner

Wellbeing champions

We have Wellbeing Champions in each Form from 1-6. The girls meet termly to discuss wellbeing and share ideas regarding how this could be developed. Their role is also to feedback to their class and promote wellbeing across the school. We have been really impressed by the girl's commitment to wellbeing and the ideas they have suggested. Often, as adults, we come up with ideas we think will be helpful and popular but by involving the girls and listening to their ideas we have been able to make changes that are much more meaningful and targeted at what will really support the pupils.

Reward certificates

We have some special stickers and rewards in school to recognise pupils who demonstrate the positive characteristic to support their own wellbeing and that of others.

This week we have rewarded Sophia Saeed for showing kindness and encouragement to others. Congratulations!



Random Acts of Kindness

Small acts of kindness can have a big impact on others. Further information and ideas can be found by following:

<https://www.mentalhealth.org.uk/explore-mental-health/articles/random-acts-kindness>

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

Big emotions

The following link will take you to a free event exploring how to deal with Big Emotions. It is run by St Georges Hospital Mental Health NHS Trust