



ELSA

We are Ella and Sophia in Form VI and we are proud to say that we are the Lead Wellbeing Champions for Seaton House. This month, we are celebrating the 1 year anniversary of the introduction of our Emotional Literacy Support Assistants (ELSA) to Seaton House.

Over the past year, ELSA has become an important part of Seaton House. At first, some of us were apprehensive about speaking to the staff in the ELSA room and expressing our feelings. Now, we feel more comfortable and ELSA has become a regular part of our school life. Part of the reason ELSA has become what it is, is because of all the lovely staff making it inviting and supportive.

As we progress through the school, we can sometimes encounter worries and concerns. It is important to know that this is a normal part of life and that we have the staff in the ELSA room there to listen and help should we need it.

Congratulations on a successful 1st year and thank you to all the ELSA staff!

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

Helpful information and website:

<https://www.coramlifeeducation.org.uk/family-scarf> (webinars and resources for parents)

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/> (information about local services)

Free Webinars to support children's mental health:

Anxiety:

<https://www.eventbrite.co.uk/cc/free-webinars-to-support-childrens-mental-health-288349>

Supporting a sensitive child:

<https://charliewaller.org/what-we-offer/free-webinars/>

Growth Mindset Rewards

This week a Growth Mindset certificate has been awarded to Annabel (FV) and Chloe (IV) for their fantastic perseverance and progress in maths this week. The girls faced a challenge, kept trying and succeeded. Well done girls!

Helpful websites about Growth Mindset

<https://positivepsychology.com/growth-mindset-for-kids/>

<https://cosmickids.com/growth-mindset-for-kids/>

