



Wellbeing Corner

This week in Key Stage 1 we had an assembly about kindness and how important this is for the wellbeing of others and also ourselves. The idea that our small acts of kindness can help to spread happiness and at the same time give us a sense of joy and wellbeing.

ELSA

We are very fortunate to have 3 ELSA trained staff in school who can offer additional pastoral support. We all need a little boost from time to time and it is important to help the girls recognise that it is okay to say you are not okay and ask for help. Please remind the girls that the ELSA room is also open every lunchtime as a drop in.

We have set up an email account for parents to email the ELSA's if they feel their daughter would benefit from additional emotional support: elsa@seatonhouse.sutton.sch.uk

Examples to share:

When teaching in Reception last week the girls were exploring a paper plate, thinking about what they knew about it and then thinking about what it could be. They planned their ideas and used the plate to make their creations. This involved lots of creativity, problem solving, thinking of their own ideas, trial and error and not giving up when at first it did not work. We had handbags, butterflies, masks, clocks and snowflakes all created from the same paper plates.

In Form 1 this week the girls have produced some lovely writing linked to our story. The girls are becoming very good at editing their work and making improvements to it. This is a very important skill and also reinforces that we need to reflect on what we do, appreciate the positives and identify how we could make it even better so we are continually growing and improving.

Form V have started their Wellbeing Buddy training, during PSHE lessons, and are keen to take on their new responsibility after half term. The girls will be playground buddies and as part of their role they will be supporting the younger girls to take part in games and activities at playtime.

Form IV have been taking on challenges to help others, this has included sorting out the lost property box and returning items to their owners. Well done girls!

At the request of the girls, we have introduced a mindfulness colouring club at lunchtime and this has been very popular.

The girls, and staff, in Senior House have shown great resilience this week, adapting to remote learning.

Weekly wellbeing challenges:

- What is your greatest achievement? Think about how it felt. Think of something new you would like to achieve, set yourself a challenge and plan how you will achieve it.
- Think about a friend or family member. What are they good at? What makes them special? Write them a card to tell them how much you appreciate them and how special they are.



Events:

Children's Mental Health Week 7th February 2022: Our school assembly on Monday 7th February will focus on mental health and wellbeing. The theme this year is 'Growing Together' with a focus on recognising how we have grown and how we can help others to grow. More information can be found at: [Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

We are introducing **Wellbeing Wednesday** across the school. This might include: taking on a wellbeing challenge for the day, playing with different groups at playtime and exploring different mindfulness techniques.