

Wellbeing

Wellbeing Corner

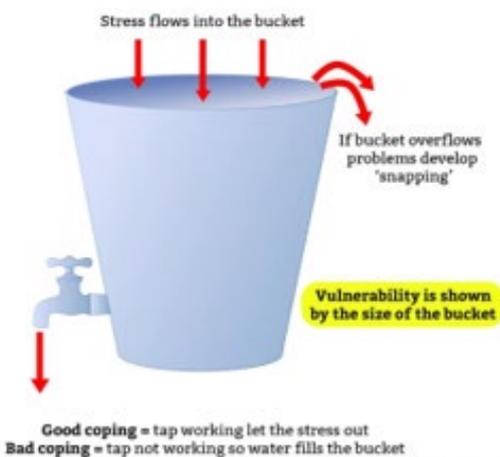
This week, Mr Bates focused his school assembly on resilience and the importance of not giving up when we face challenges. We cannot take away all stressful situations or negative life events, but we support children to develop the tools to help them face challenges and setbacks and develop mindfulness.

News:

Form IV have continued to think about how they can support the school community. After half term they will also be taking part in an 'Around the World in 80 Days' challenge. The girls will complete a circuit of the outside area each afternoon and plot their progress around the world. Exercise is very important in supporting mental health and wellbeing.

Form V are being trained as Playground Buddies during their PSHE lessons. After half term the girls will take on their role as playground buddies, leading games and activities and helping ensure that everyone feels included and has someone to play with.

The stress bucket



Weekly wellbeing challenges:

Think about what adds to your stress bucket: work, friendships etc. Write them down.

Now think about how you open the valve and relieve stress. Good examples are: exercising, mindfulness, relaxation. Can you take up a new hobby, for example painting, photography, knitting, drawing.

Think about your support network. The following link takes you to a video clip to introduce an activity for the girls: support balloons:

<https://www.youtube.com/watch?v=9XVOnukm15Y>

I would love to see these if the girls complete them!

Children's Mental Health week:

Next week we will be thinking about Children's Mental Health week. The theme this year is Growing Together. Resources and information can be found by following the following links: [Children's Mental Health Week](https://www.childrensmentalhealthweek.org.uk) ([childrensmentalhealthweek.org.uk](https://www.childrensmentalhealthweek.org.uk)) This site contains useful resources and advice for parents and children.

ELSA

If you have any concerns about your daughters wellbeing or you feel they need a little extra support to deal with worries, friendship issues or events outside school, please contact your child's Form Teacher or email the ELSA's directly.

elsa@seatonhouse.sutton.sch.uk



Have a lovely weekend! Sarah McGreevy