



## Wellbeing Corner

This week, our assembly focused on Children's Mental Health week. We discussed what it means to be mentally healthy and how we can support ourselves with our mental health and wellbeing. The girls thought about challenges they face and things that make them feel stressed and then we thought about factors that can help us face these challenges and deal with stressful situations. We also talked about encouraging a positive mindset and promoting positivity both through acts of kindness and also recognising the small daily things we are grateful for.

### News:

Form IV have partnered with Form 1 and have been reading with the girls.

Form V talked to the girls at assembly about their role as playground buddies and shared some of the games they will be playing after half term.

As well as daily drop in sessions in the ELSA room we have set up a message box for the girls to send a message to the ELSA staff.

We have set up a gratitude board in the hall for the girls to add notes about the little things they are grateful for. We have lots of notes added already with comments including being grateful for my family, cuddles with my sister, chocolate pancakes for breakfast and my friends.

Each Form also has a Random Acts of Kindness board, with ideas for each day, to help spread a little happiness.

### 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 \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk) This site contains useful resources and advice for parents and children.

Links have also been added to a folder on Google classroom called Mental Health Week.



### 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](mailto:elsa@seatonhouse.sutton.sch.uk)

"We have a long way to go" sighed the boy.  
"Yes but look how far we have come" said the horse.



Have a lovely weekend and wonderful half term! Sarah McGreevy