

Wellbeing Corner

News:

Form IV have been travelling the world this week as part of their Around the World in 80 days challenge. The girls are walk/jog or running 1 km each day.

We have started our Wellbeing Wednesdays with Random Acts of Kindness, playing with different friends and encouraging the girls to think about what they are grateful for.

Form V have started their role as playground buddies and initiating games in the playground.

The girls continue to add messages to our gratitude board in the hall, with lots of comments about families and friends.

Worries

As part of Mental Health week we talked about stress and worries. We all have worries and we all face challenges that can be stressful, this is a normal part of life. However, sometimes worries can feel overwhelming and challenges too great. Developing resilience and providing children with strategies to protect themselves can help them deal with stressful situations.

The following websites provide information and support for parents related to worry:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>

<https://kidshealth.org/en/parents/worrying.html>

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



Wellbeing

The term 'Mental Health' can have negative connotations and make people worry that they are different or not coping. At school we focus on wellbeing and encouraging the girls to identify risk factors and develop strategies to help them support their wellbeing.

We also stress that it is okay to ask for help and we all benefit from a little support from time to time.

Please remind the girls that if they have any concerns or would like to talk to an adult they can talk to their Form Tutor, class TA, visit the ELSA room or put a note in the ELSA box in the LRC.