

Wellbeing Corner

News:

As a school we are working hard to raise awareness of mental health and wellbeing. We have introduced a range of initiatives to raise awareness and support pupils and staff. We are all in this together and can learn and support each other. Therefore, if you have any ideas, to support this further, please let me know:

sarahm@seatonhouse.sutton.sch.uk

Resources:

I have set up a wellbeing classroom on Google Classroom and each year group has access to this. I will keep adding resources, information and ideas to try at home. This might include some yoga, mindfulness or websites. This week I have added some websites and information for parents and activities for the girls to try at home.

Gratitude

This week I have been reading notes on the gratitude board. The majority of the notes have comments related to family and friends. Our school assembly this week focused on the importance of friendship and how the friendships we build at school can be carried forward with us. Positive relationships really support our wellbeing and make life more enjoyable. They are one of the protective factors enabling us to be more resilient.

This week we had an email from a gentleman who attended Seaton House School in 1942. What amazed me was the way he recalled the names of his school friends and teachers, and the activities they enjoyed.

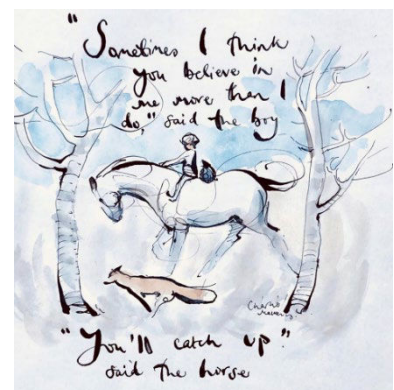
The friendships we build at school can continue and grow as we get older.

Relationships in school also teach us valuable lessons and skills to take forward. Skills such as tolerance, acceptance and the ability to resolve disagreements.

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

Have a lovely
half term!

Corner

weekend and wonderful
Sarah McGreevy