

Wellbeing Corner

News:

The Playground Buddies in Form 5 are doing a great job supporting the girls in the playground and initiating playground games. To support this further, we are planning to arrange a skipping workshop for the girls in Forms 1-6. Skipping is a great skill and something you can do alone or with others.

Form 4 continue their 'Around the World in 80 Days' challenge. It is fantastic to see the girls so motivated to complete the challenge each day.

Form 1 provided a wonderful assembly to tell us about Red Nose Day. Across the school we have also been amazed by the generosity of all our families, sending in contributions to the Ukrainian appeal. Mrs Hossenbux has delivered all the donations and needed 2 car loads!

Form 4 and Reception girls are pairing up to read together over the coming weeks. Both classes will gain a lot from this and enjoy the experience.

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



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.