

Wellbeing Corner

News:

This week Form 5 and 6 have been away on their residential trip. Staying away from home, trying out new activities and taking on physical challenges are all great learning experiences.

Form 4 girls spent time with Reception class this week, reading them stories. It was lovely to welcome the girls back in the Early years building and they all shared happy memories of when they were in Nursery and Reception.

I have a quote this week from Alicia in Reception. She said "I love making people happy and smile, it is just the best thing."

This weekend, go out and enjoy the sunshine, take time to stop and appreciate what is around you. Look at the flowers and blossom. Name 3 things you can see, 2 you can hear and 1 thing you can smell.

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



"Nothing beats kindness," said the horse. "It sits quietly beyond all things."

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.