



Children's Mental Health Week (6th-10th February)

Lightbulb and given us a link for parents to access some free workshops. They are completely free and follow Place2be Let's Connect theme.

<https://LightBulbCMHW.eventbrite.com>

Parent workshop for Seaton House parents:

20th February at 6.30pm, the link will be sent out a few days before the event.

Support for parents: The following information is linked to Children's Mental Health Week 2023

[The Princess of Wales discusses the importance of connections to mark Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk)

[Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://www.childrensmentalhealthweek.org.uk)

[file:///P:/Wellbeing/Wellbeing%20Day%202023/Top tips for parents and carers.pdf](file:///P:/Wellbeing/Wellbeing%20Day%202023/Top%20tips%20for%20parents%20and%20carers.pdf)

Positive mindset

This week I have listened to a podcast about positive mindset. The professor talked about our ability to change our brain and thought patterns. Small changes can have a big difference. Negative thoughts reinforce negative emotions and conversely positive thought reinforce positive emotions. We can support the girls to develop a more positive mindset:

Encouraging them to recognise their emotions and name them.

Think about what they are grateful for each day. By focusing on the positives, this will reinforce a positive mindset.

Encourage them to share positive thought and experiences.

[Five Simple Ways to Raise a Positive Child | Cosmic Kids](#)

Wellbeing Corner

Wellbeing Day Friday 3rd February 2023



Dance activity

The girls worked in groups to put together a series of moves to create a dance. They also performed a dance together, as a school.



Lego challenge

The girls were asked to design and build a new school building, thinking about what they would like to include in the outside area. The designs were amazing! We had living walls, solar panels, pools, gardens, animal enclosures, wellbeing gardens and water features.



Wellbeing Corner



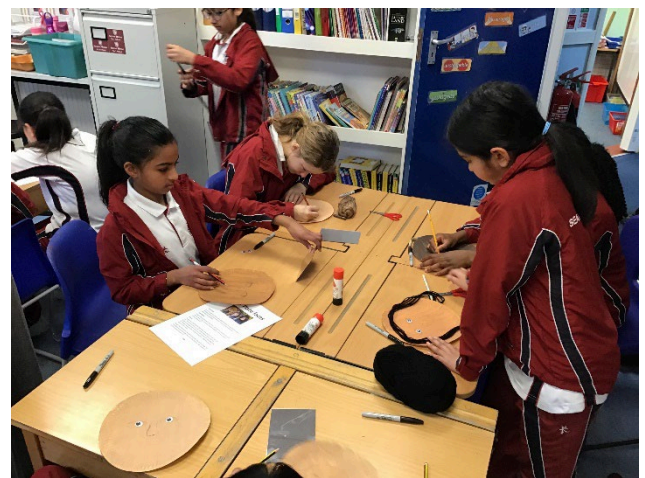
Congratulations to Annabelle, Aryaana, Neve, Sophia.B, Sapna and Jessica for creating a wonderful school building with pool, shaded areas, solar panels, slide and garden.

Paper plate faces

The girls used a paper plate to create a portrait. These will be used to create a new school display in the hall.

Music

The girls worked in groups to create a rap song about friendship and connections. Some of



In Early Years the girls have a weekly yoga session, wellbeing calendar and positivity jar. The girls also take part in regular wellbeing activities and challenges to promote resilience, co-operation and develop a positive self-image and attitude.