

Wellbeing Corner

Wellbeing Champions Assembly

This week our Wellbeing Champions, Sophia and Ella lead an assembly for the girls in KS1 and KS2 about resilience.

The girls did a fantastic job and are great role models for the rest of the school.

The following links have more information and ideas related to resilience:

<https://youtu.be/zeu9X88g8DE>

[Help me out - resilience - CBBC - BBC](#)

['Perseverance' Derek Redmond - YouTube](#)

Keeping Mentally Healthy

We will all face challenges and situations we find difficulty. Unfortunately, we cannot prevent our children from facing difficult situations but we can provide them with protective factors, which will help them cope.

Protective factors include:

Be Active

Giving to others

Connecting and positive relationships

Keep learning

Take notice



Be Active: The girls have PE lessons twice a week and additional clubs to encourage exercise and fitness.

We have also started a yoga club at lunchtimes on Tuesdays each week and we support the girls with relaxation ideas as part of our Feel Good Friday.

Connections: Next week we will be working on group projects as part of Matilda week. The girls will also be paired with another year group to share stories and games.

Giving to others: we have a school charity we are supporting this year and the girls will continue to take part in events to raise money for this. We are also all taking part in the Marsden March.

<https://mentallyhealthyschools.org.uk/risks-and-protective-factors/>

<https://www.healthline.com/health-news/exercise-benefits-children-physically-and-mentally>

ELSA

Our ELSA room is open daily at lunchtime (Forms 1-6). Please remind your child that they are able to come to the ELSA room (12.40-1.10) to talk to an adult, if they have any worries. Parents can also contact the ELSA's directly using the following email: elsa@seatonhouse.sutton.sch.uk