

Wellbeing Corner

News:

Form V are starting a new challenge next week. They will be running each day to complete an around the world challenge.

Next week we also have the first every **Primary Fitness Games** taking place at school. Mr Colomer has organised this event and invited other local schools to take part. The girls will be working in teams and challenging themselves to complete the exercises.



Form 2 took part in The Big Sing this week. The girls were amazing and did a fantastic job. Thank you to Mrs Milne for organise this event for us.



Each of these events highlight the value in setting ourselves new challenges and working towards something we can then be proud of.

Self appreciation and relaxation:

Setting goals and challenging ourselves and working hard are important. However, it is also important to take time to stop and reflect on our achievements and appreciate them.

Time to relax and recharge is also important and has benefits not only to our mental health and wellbeing but also our productivity and the quality of our work.

As we approach SATs week I wanted to focus this week on relaxation and encouraging the girls to take time to appreciate their achievements and successes. We often find it difficult to acknowledge our own successes.

Challenges for this week:

- At the end of each day, encourage your child (and yourself) to think about one thing you are grateful for and one thing you have achieved or are proud of.
- Find time to relax and do something you enjoy. Maybe try a new hobby.

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



"Being kind to yourself is one of the greatest kindnesses" said the mole.

Have a lovely Bank holiday weekend! Sarah McGreevy