

Newsletter from our Wellbeing Champions

Hello everyone!

This week we have been supporting #ANTIBULLYINGWEEK and considering how important it is to be kind. We have thought about this in our classes and completed different activities.



Time To...

Every week we have a 'Time To' session. These sessions focus on our wellbeing. They give us chance to reflect, connect and explore. We complete various activities such as looking at how to stay safe online, practising yoga or debating big issues such as climate change.



Here are Keira and Seth delivering an assembly to the whole school via google meet. They discussed how important it is to be kind and how one kind word leads to another. They invited everyone to think about how they could be kind.



It is really important to be kind to yourself as well as others... here are some ideas to help you have a positive mindset and good mental health...



One kind word leads to another. Kindness fuels kindness. How can you spread kindness today?



Remember: if you would like support the green button on our website can tell you where to go for help such as Young Minds, Samaritans and Childline. There is lots of helpful information on this website.



Our Mental Wellbeing Champions: Keira, Seth, Liv, Lois, Meg, Ava, Khloe, Amy, Olivia, Layan, Mia.