

Wellbeing

Wellbeing Newsletter December 2023



Our wellbeing focus for the month of December is kindness. We are focusing on being kind to others and being kind to ourselves. Our wonderful wellbeing committee met, and we discussed how we can spread kindness and why being kind is so important. They shared their ideas by visiting each classroom and two of our reps shared the following message with the school over the intercom.

A message from our Wellbeing Committee Message:

Acts of kindness can make the world a happier place for everyone. They can help us to feel happier, more confident and hopeful! Kindness is contagious! When one person is kind, the person who received the kindness tends to turn around and be kind to someone else. Kindness makes the world a better place for everyone!

Part of being kind is considering the feelings of others and helping other people to feel good.



It's important to be kind to yourself & to show yourself compassion even when things don't happen the way you expect. It's being aware of your feelings and treating yourself with the same care and understanding you'd give to someone you care about.

It's being aware that struggles and challenges are a part of life and that everyone goes through them. Being kind to ourselves helps us to deal with failures, mistakes, setbacks and tough times in a healthy way.

The wellbeing committee linked in with classes across the school to look at what is going well in our school to enhance pupil wellbeing and what we could work on to improve our overall wellbeing; we will be working on these targets throughout the year.



Some tips to support your wellbeing during the holidays:

[10 tips for wellbeing this Christmas](#)



[10 activities for minding your mental health this holiday](#)

Wishing you all peace, health & happiness this Holiday Season.

