

St Agatha's Wellbeing News

Welcome back!

Welcome back to a new school year! We offer a warm welcome to all the new families that have joined our school community. Please remember that we offer a Stay and Play session for all year groups so that parents and carers have an opportunity to meet each other. There will be other opportunities to come together as a school community throughout the year. Please see the school newsletters and website for details of future school and PSA events.



Mental Health Support Team

As you may remember from our last wellbeing newsletter, St Agatha's is part of a Mental Health Support team (MHST). Many of you may have already met Serena our Wellbeing Practitioner who has delivered several parent workshops. We are excited to be continuing our work with Serena and the rest of the team this year. Please speak to your class teacher or look at the school website if you would like more information about the MHST and what it can offer.

Daily Mile

Key Stage Two children take part in the Daily Mile every morning. It is a great opportunity to get some fresh air, have a movement break and raise our heart rate!

Helping your child with... Webinars

Our fantastic Mental Health Support Team are offering free webinars for parents. A series of webinars to help parents support their children have been planned throughout the year. The first two are **Helping Children with Worries** and **Helping Children with Resilience**. Please see the attached flyers that include the links you will need to join the webinar.

School Website

Please have a look at the school website for more Wellbeing information and links to useful websites and local support groups.

Therapy Dog

Eva the therapy dog will continue to visit our school this year. Children will see her in the playground before school on a Monday. She will also work with children. Therapy dogs have been proven to raise self-esteem and ease anxiety.



Keeping Healthy

As part of our PSHE, PE and science lessons children are taught about healthy living. We encourage the children to eat an appropriate snack at break times and make sure they drink water throughout the day. All classes have two PE lessons a week and are lucky enough to have a fantastic playground to explore. Kingston Council offer various different initiatives to help families to stay fit and healthy. Please see the attached flyer for details.

What's next?

This term our we will be taking some Year Six pupils to Southborough school to take part in training to be our new school wellbeing ambassadors. After some lovely feedback from the care home last year we will continue to write to the residents of a local care home. It was lovely to hear that our cards and letters were much appreciated.

Wellbeing Week

We will be celebrating Children's Mental Health Week again this year on 5-9th February. More details to follow.

