

St Agatha's Wellbeing News

Spring 2024

Wellbeing Week

At the beginning of February, we celebrated Children's Mental Health Week. We started the week by sharing in Mass to celebrate St Agatha's feast day together. On Tuesday, we invited Surrey Outdoor Learning and Development (SOLD) to school to deliver some team building activities to Y2-6. It was great to see all of the children engaged in activities that required them to communicate well, be resilient and work together. Children in the Foundation Stage and Year 1 took part in team activities with Phil from England Sports Group. We all enjoyed spending extra time being physically active outdoors. On Wednesday, the musicians from MuSeed came to school to show us some Chinese musical instruments and play us traditional music. We all enjoyed listening to the beautiful music and it was a good way to learn a little more about Lunar New Year. On Friday, we ended the week with a mufti day where we wore clothes that helped us express ourselves. It was good to see children's hobbies, interests and personalities expressed in their clothing choices. We also celebrated Safer Internet day that week and reminded ourselves how to be safe online. It was a very busy—but fun—week for all!



Helping your child with... Webinars

Our brilliant Mental Health Support Team are continuing to offer free webinars for parents. A series of webinars to help parents support their children have been planned throughout the year. See the school website for the dates, times and booking information.



Wellbeing Ambassadors

During Wellbeing Week our school Wellbeing Ambassadors delivered an assembly. They talked to the children about mental health and used a visual scale of 1-10, to demonstrate how our feelings can change throughout a day.



School Website

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



School Garden

You may have heard from your children, that the school council have been discussing outdoor learning and how we can develop our school garden. The children have given us lots of great ideas and shared some interesting opinions. Their suggestions are all being included as we plan the future of our underused outdoor spaces. We look forward to sharing more information with you in the future.