



Wellbeing Newsletter Monday Motivators

Issue 1 September 21st 2020

Welcome to the first edition of our weekly wellbeing newsletter!

At St. Gregory's we are focused on promoting mental health and wellbeing

through the school for staff, pupils and parents. We are committed to working towards the 5 ways of wellbeing.

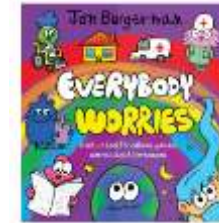


Everybody Worries—a story for home!

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

Help your child cope with stress, parent's guide:

<https://biglifejournal-uk.co.uk/blogs/blog/help-children-cope-stress>



St. Gregory's Monday Motivators

Nursery: Emily/Ellis

Reception: Polli

Y1: Luca

Y2: Violet

Y3: Ruby

Y4: Indie

Y5: Julian

Y6: Beau

Wellbeing This Week!

This week, the whole school is working with the text "Here we are". We are looking at our school, our earth and our relationships. We are talking about our wellbeing and our feelings.



Action Calendar this month is **Self-Care!**

https://www.actionforhappiness.org/media/913605/september_2020.jpg



MONDAY MOTIVATOR



This certificate is awarded to:

Emily

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Ellis

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Polli

in recognition of

being a motivational member of Reception

Signature: Mrs. Ashley and Mrs. Rooney

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Luca

in recognition of

being a motivational member of Year 1

Signature: Miss Quyoom

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Violet

in recognition of

being a motivational member of Year 2

Signature: Miss Cole

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Ruby

in recognition of

being a motivational member of Year 3

Signature: Mrs. Tyson

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Indie

in recognition of

being a motivational member of Year 4

Signature: Mrs. Brookbanks

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Julian

in recognition of

being a motivational member of Year 5

Signature: Miss Craft

Date: September 7th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Beau

in recognition of

being a motivational member of Year 6

Signature: Mrs. Wilson/Miss Ellis

Date: September 7th, 2020