



Wellbeing Newsletter

Monday Motivators

Issue 2 September 14th, 2020

St. Gregory's

Monday Motivators

Nursery:

Roman/Louisa

Reception: Franklin

Y1: Sadie

Y2: Francesca

Y3: Roman

Y4: Ellis C.

Y5: Poppy

Y6: Ruby

Each week we will focus on one of the 5 ways to wellbeing. This week we are going to “**take notice**”. Can you take notice this week of things you are grateful for?



Each day, write down 3 things you are grateful for, this helps us to focus on what makes us happy!

Gratitude

Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something useful
3. Find something that is your favourite colour
4. Find something that makes you happy.
5. Find something that tastes good.
6. Find something that smells amazing.
7. Discover something new.
8. Find something that makes you laugh.
9. Find something that reminds you of people you love.
10. Find a place that you love.

Wellbeing This Week!

Year 1 have been exploring the Colour Monster! It is a great story about our emotions. Nursery is using the book this coming week. You can find it online or in the bookshops!



MONDAY MOTIVATOR



This certificate is awarded to:

Roman

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Louisa

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Franklin

in recognition of

being a motivational member of Reception

Signature: Mrs. Ashley and Mrs. Rooney

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Sadie

in recognition of

being a motivational member of Year 1

Signature: Miss Quyoom

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Francesca

in recognition of

being a motivational member of Year 2

Signature: Miss Cole

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Roman

in recognition of

being a motivational member of Year 3

Signature: Mrs. Tyson

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Ellis Croft

in recognition of

being a motivational member of Year 4

Signature: Mrs. Brookbanks

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Poppy

in recognition of

being a motivational member of Year 5

Signature: Miss Craft

Date: September 28th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Ruby

in recognition of

being a motivational member of Year 6

Signature: Mrs. Wilson/Miss Ellis

Date: September 7th, 2020