



Wellbeing Newsletter Monday Motivators

Issue 5 October 19th, 2020

Each week we will focus on one of the 5 ways to wellbeing. This week we are going to **“connect”**. Can you spend this week focussing on how you can connect, particularly in the current circumstances?



Think of it as physical distancing not socially distancing, as we need to connect for our mental health and wellbeing.

How to stay connected during the pandemic:

1. Video calling family can really help to stay connected with family and friends.
2. Family quizzes and games, in person or virtually.
3. Watch a movie together virtually and discuss.
4. Write a letter to family and friends or make a new friend. Many care homes appreciate postcards and letters to the residents.
5. Read the same book and have a virtual book club.

St. Gregory's

Monday Motivators

Nursery: Mason/Poppy

Reception: Darcie

Y1: Iyla

Y2: Annabelle

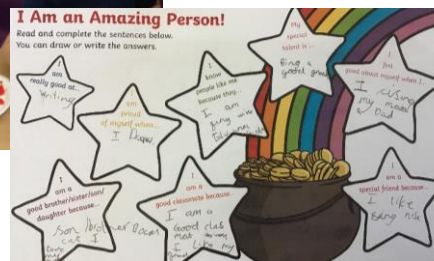
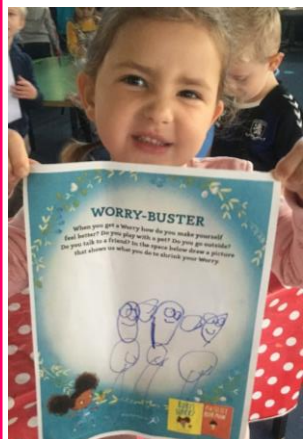
Y3: Teddy

Y4: Seth

Y5: Jacob

Y6: Macie

World Mental Health and Wellbeing Day



MONDAY MOTIVATOR



This certificate is awarded to:

Mason

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Poppy

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Darcie

in recognition of

being a motivational member of Reception

Signature: Mrs. Ashley and Mrs. Rooney

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Iyla

in recognition of

being a motivational member of Year 1

Signature: Miss Quyoom

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Annabelle

in recognition of

being a motivational member of Year 2

Signature: Miss Cole

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Teddy

in recognition of

being a motivational member of Year 3

Signature: Mrs. Tyson

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Seth

in recognition of

being a motivational member of Year 4

Signature: Mrs. Brookbanks

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Jacob

in recognition of

being a motivational member of Year 5

Signature: Miss Craft

Date: October 19th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Macie

in recognition of

being a motivational member of Year 6

Signature: Mrs. Wilson/Miss Ellis

Date: October 19th, 2020