



# Wellbeing Newsletter

## Monday Motivators

Issue 7 November 15<sup>th</sup>, 2020

### St. Gregory's Monday Motivators

Am Nursery: Seth  
Pm Nursery: Ezmae  
Reception: Lyla  
Y1: Layla  
Y2: Benjamin  
Y3: Joey  
Y4: Honey  
Y5: Joe  
Y6: Jayden

Click this link for how to talk to your child about mental health!

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

This week I asked the children to share what they do when they feel sad and things they are grateful for and they gave me some amazing ideas!



When I am sad, I get cheered up by talking to someone, playing with someone and also going outside. I also like talking and playing with my baby brother. I'm also most grateful for my family and friends because I really enjoy being around them and talking to them. I am also thankful for my house and pet.

*By Seth*

Filip cheers me up when I am hurt because it feels like he gives me more love than ever.

*By Anna*

My dog Elvis cheers me up when I am sad.

*By Indie*

### You're never too young to talk mental health



Tips for talking for parents and carers

3 things I am grateful for:

- The world that God created for us to live on.
- That most people can have a good future.
- Our family and friends.

*By Babs*

I am grateful for: my family, being the Headteacher of St. Gregory's and having God in my life.

*By Mrs. Best*

Doing Irish dancing cheers me up or hugging my teddies! I am most grateful for my family, friends and life.

*By Brooklyn*

My day begins  
and ends with  
gratitude.

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Seth*

*in recognition of*

**being a motivational member of Nursery**

*Signature: Mrs. Prescott*

*Date: November 16th, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Ezmae*

*in recognition of*

**being a motivational member of Nursery**

*Signature: Mrs. Prescott*

*Date: November 16th, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Lyla*

*in recognition of*

**being a motivational member of Reception**

*Signature: Mrs. Ashley and Mrs. Rooney*

*Date: November 16th, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Layla*

*in recognition of*

**being a motivational member of Year 1**

*Signature: Miss Quyoom*

*Date: November 16th, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Benjamin*

*in recognition of*

**being a motivational member of Year 2**

*Signature: Miss Cole*

*Date: November 16th, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Joey*

*in recognition of*

**being a motivational member of Year 3**

*Signature: Mrs. Tyson*

*Date: November 16th, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Honey*

*in recognition of*

**being a motivational member of Year 4**

*Signature: Mrs. Brookbanks*

*Date: November 16th, 2020*



# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Joe*

*in recognition of*

**being a motivational member of Year 5**

*Signature: Miss Craft*

*Date: November 16th, 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: November 16th, 2020*