

Wellbeing Newsletter



'We walk by faith and not by sight.'

At St Paul's we are committed to supporting children, staff and parents with their mental health and wellbeing.

Our aim is to provide information, tips and resources to support both adults and children as we recognise that good physical and mental health are vital to successful learning.

What is Wellbeing?

Good wellbeing is fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life.

Past experiences, attitudes and outlook can all impact wellbeing, as can physical or emotional trauma following specific incidents.



1. **Connect** – Connect with people around you – family, friends, colleagues or neighbours.
2. **Be active** – Go for a walk, run or cycle. Discover a physical activity you enjoy and that suits your level of mobility and fitness.
3. **Take notice** – Walking to work, eating lunch or talking to friends, be aware of the world around you.
4. **Keep learning** – Set a challenge you will enjoy achieving. Learning new things will make you more confident.
5. **Give** – Do something nice for someone. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.



Saturday 10th October is World Mental Health Day. The focus this year is 'Good Mental Health isn't a constant.' At school we will be taking part in discussions and activities so that everyone understands where they can find support if they struggle with their mental health.

