



Wellbeing Newsletter

December 2023

Welcome to our very first

Wellbeing Newsletter!



This term the Wellbeing Board has been showing that Raglan is Stronger Together and that **We** can achieve anything with teamwork.

The children have been writing or drawing their talents and skills on strips of paper then these have been put together showing we're all connected.

We have a wonderful group of children whose special skills and talents range from making their friends laugh and good listening to reading upside down and pogo sticking!

RAGLAN—STRONGER TOGETHER!

At Raglan, we believe that “Learning is for everyone” and that school is a safe space for all our pupils. The children are key in this and we would like to give a huge shout-out to our AGENTS FOR CHANGE. They are a dedicated group who are passionate about equality for all at Raglan. They work together to make sure everyone is treated fairly and that every voice is heard. This term they have recruited new members and presented an excellent anti-bullying assembly.





For many reasons Christmas can be overwhelming for some children. Perhaps it is not celebrated in their home or it could be associated with a sad memory or it may be an overstimulating time. The Christmas positive mental health planner below can be a useful tool to help our children through this time.

My Positive Mental Health Christmas Holiday Planner

The Christmas holidays can be a busy time and are often filled with lots of different thoughts, feelings and emotions. It is important that we look after our mental health during times like this.



Completing a range of activities can help keep our mind healthy and our emotions balanced. Think of all the different activities you could do over the Christmas holidays to look after your mind and write them on this planner.

Physical Activities	Emotional Activities	Social Activities	Play Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.

Bromley Y— Dates for your diary

Topic: Helping Children with Anxiety

Topic: Emotionally Based School Avoidance (EBSA)

For parents/carers of Primary and secondary school aged children

For all parents/carers

Date: Sat, 2nd Dec @ 10am

Date: Tue, 12 Dec @ 1pm

Registration for both sessions can be found on the Bromley Y website.

Place2Be's Smart Parenting section has lots of tips and tricks to help parents through some everyday situations. This information can be found on the Place2be website.

