Raglan Primary School

Wellbeing Newsletter

December 2024

Welcome to our

Wellbeing Newsletter

This term we have started to look at the 5 steps to help Mental Wellbeing: connecting with others, being physically active, learning new skills, giving to others and being in the present.

Feeling connected to others can have lots of positive effects such as helping us develop a sense of belonging and self worth. We can share experiences and we can give and get support.

Here are some ways Raglan connected:

In our lunchtime wellbeing club, the children can find a calm place to play board games, chat, draw or build Lego together.

Last month, odd socks were worn by many to show our shared support for Anti-Bullying Week.

Early in December, the Year Six children invited older members of the community to a Christmas Tea. They shared refreshments, singing and conversation which was enjoyed very much by everyone who attended.

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Simply Connect Bromley

Simply Connect Bromley is a service that aims to connect Bromley residents to their community. It has lots of social groups and activities, ways to get healthy and an advice, support and self-help section. To find out more,

Kind Ready Safe Resilient Confident Independent