



Mental Health and Wellbeing 2020 - 2021



**FIVE WAYS
TO WELLBEING**

Mental Health and Wellbeing 2020 - 2021

THE FIVE WAYS TO WELLBEING ARE TO:



KEEP LEARNING

learning new things



TAKE NOTICE

taking notice of the world around you



CONNECT

connecting with others



BE ACTIVE

doing something active



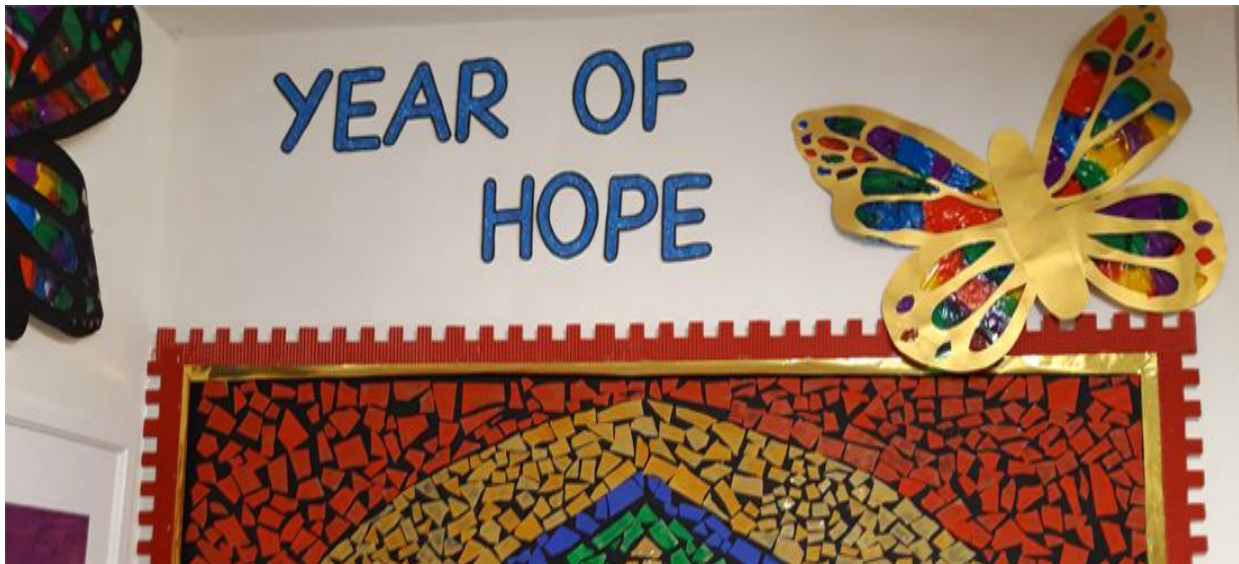
GIVE

giving – looking outward as well as inward

Each action can be undertaken individually or collectively as part of everyday activity.

How have we looked after our Mental Health and Wellbeing?

We launched our School Year of Hope with the symbol of a butterfly.



We started our school year with Acts of worships allowing time to think and reflect on what our hopes for the year are.



A Year of Hope



To everything *there is* a season,
A time for every purpose under heaven:
Ecclesiastes 3

God is with us, He hears us, He loves us.
St Paul VI pray for us

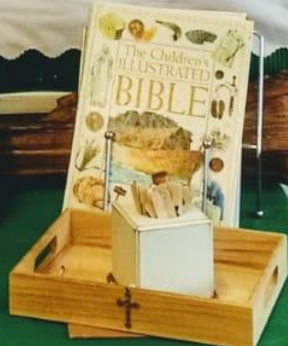
We are children of hope...

Hope is like a seed
It grows in the heart
It grows in the soul
It grows in the mind
It grows in the spirit
It grows in the love
It grows in the faith
It grows in the hope
It grows in the grace
It grows in the mercy
It grows in the kindness
It grows in the gentleness
It grows in the patience
It grows in the goodness
It grows in the peace
It grows in the joy
It grows in the love
It grows in the life
It grows in the eternal life

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We took time to
notice the beauty
in our school
grounds.





We took time to notice
the beauty in our school
grounds.







Keep Learning New Things





Keep Learning New Things
This term we are all
learning karate





Doing something active





Connecting with others





Connecting with others;
our house captains of St
Vincent organised a treat to
celebrate the feast of St
Vincent.





Connecting with others
We take time to listen and
share our worries
We made worry dolls to help
us us.





Looking outwards as well as inwards



We held our harvest festival assembly in our class bubbles and all brought in tins and pasta to give to our local food bank.