



6 November 2020

Dear Parents & Caregivers

Next week, Monday 9 November – Friday 13 November is WELLNESS WEEK here at Saint Joseph's Catholic Primary School.

As a Catholic School, we believe in the education of the whole child. We strive to cater for the spiritual, academic, social, emotional and physical needs of each individual child in our care. We believe that the wellbeing of all is important to our school community.

What does 'wellbeing week' mean to us? We believe that wellbeing is about being and feeling comfortable, satisfied, healthy and happy. It's about feeling like we belong. We all belong here at St Josephs, so as a staff, we think it important to take the time to focus upon the wellbeing of our school community with the goal of understanding what being well means and feels like.

The world we live in is complex. Understanding wellness and the things that influence our wellness helps us to work together to improve the quality of our lifestyles.

Five simple ways to improve our overall wellness are:

**Connect** – talk and listen to others and always live in the moment.

**Be active** – do what you can and enjoy what you do.

**Take notice** – remember the simple things that give you joy.

**Keep learning** – embrace new experiences and seek new opportunities.

**Give** – give people your time, your words and your presence.

As a school we will be promoting these next week, along with teaching, modelling and promoting what we will call "A Growth Mindset". Over the course of the week, we will be completing activities across the school and teaching a positive message about wellness, wellbeing and having a Growth Mindset.

As a parent, you don't need to do anything, but please feel free to talk to your children about wellness, wellbeing and ask your children about our Growth Mindset teaching.

Some things you will need to be aware of as a parent:

- Beside reading, there will be no homework for classes next week
- Classes will be participating in some form of fitness activity each day (students may bring sneakers to change into)
- We will be completing activities in class with regard to a Growth Mindset and practising mindfulness in class.

On Friday, 13 November, all children will be able to wear free dress and we will be having a whole school tabloid sports fun afternoon organised by the Year 6 class. To finish wellness week, we will have an afternoon treat (icy pole) for all the children following their lunch.

The staff will also be participating in activities that are focussed on our wellbeing and wellness. We will be practising Yo-Chi as prayer, we will be promoting and modelling a Growth Mindset and we will be looking to support each other, our students and our parents.

Keep an eye on our school Facebook page to see some of the things we are doing in our school next week to promote a lifestyle where we feel comfortable, satisfied, healthy, happy and feeling like we belong.

Thanks, have a great week!

*St Joseph's Staff.*

*Faith & Trust*