THE HELPING HAND SCHOLAR GREEN NEWSLETTER

Welcome to the weekly well-being Newsletter!

During this time I have decided to write a Newsletter weekly rather than termly. I would like to remind everyone that you are welcome to email me if you need to. jashworth@scholargreen.cheshire.sch.uk. I have added lots of emotional, well-being activities to my page- 'Emotionally Healthy School' on the school website and will continue to do so. It would be lovely to see some of the work if you would like to share or send to me. I do hope everyone is safe and well! Mrs Ashworth x

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There is no one better to be than myself.			WIND LAM SAFE	
I am enough. I get better every single day.		0	Hove truging	
I am an amazing person.		Be 🧆 🐂	TAMERAVE SOCIAL MU	
All of my problems have solut	ions.		TRY MY BEST	
Today I am a leader. I forgive myself for my mistakes.		proud of		
My challenges help me grow	and the second	proud of yourself		5
I choose my own attitude. I'm choosing to have an amazing day.		your self	I thurk POSITIVE HOLEST	
JAR OF Posturty	things about like to meet down them	ely idea: All the wonderful s you are creating, talking t, hoping for, places you'd o visit, people you'd like to up with etc. Write them and when this is over. Get all out- remember and things happen!	 Draw something that makes you happy. Draw something you couldn't live without Draw someone who helps you. Draw something that makes you smile. Draw something you love to do. Draw something you are thankful for. Draw something you love. Draw something you think is fun. Draw something that makes you feel good Draw something that makes you laugh. 	



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FUN QUIZ

1)What year did WW1 begin in? 2)How many teeth are there in an adult mouth? 3) How many years are there in a century? 4)What is the tallest mammal in the world? Take a look at this great site:

https://www.scouts.org.uk/the-great-indoors

Hope you to see you next week!

Get in contact with a local care home and arrange to send a letter to one of the residents



