



**Pupil Leadership Team**

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# Wellbeing Newsletter

Dear St Fergus Primary Pupils,

Welcome to our first Wellbeing Newsletter. You can expect to receive an update about all things Wellbeing in our school each term. Here, we will let you know all the wonderful things our school is doing to promote a positive and caring environment and let you know of what's coming up! As your Head/Depute Girl/Boy, we strive to ensure that we support all our pupils in their wellbeing by being good role models, always there for a chat and living our school values! – Louise, Stephen, Amy, and Anthony.

## Wellbeing Week

Wellbeing Week was a great success! Thank you to all the staff who helped make it possible. It was very important to us that we created a daily focus which allowed everyone to have the chance to express themselves, talk about their feelings and work together to promote wellbeing for all. Our favourite activity was the class massage! What about yours? If you see us around school, let us know as we would love to make some of the activities a weekly thing!

## Happiness Heroes

By now, you should all have received an application to apply for our Happiness Hero project. Two Happiness Heroes will be selected from Primary 4-7. It will be their role to ensure that no one in the playground is upset or left out. If you are feeling down during break times, look for a Happiness Hero and they will do their very best to make you feel much better! You can spot them by the big badge they will be wearing. We will take new applications each term.

## Wellbeing Quote of the Term

**"You are capable of amazing things!!"**

## Wellbeing Wins

Each class has their own Wellbeing Wins Dojo profile where they can demonstrate acts of wellbeing to win points. The class with the most points at the end of the month, will win a prize on a Friday afternoon.

Here is what you can do to win those points!

**Be kind – 1 point**

**Extra Physical Activity – 1 point**

**Growth Mindset – 1 point**

**Helping Others – 1 Point**

**Including Others – 1 Point**

**Sharing your Feelings – 1 Point**

**Showing Respect – 1 Point**

**Outstanding Act of Kindness – 5 Points**