



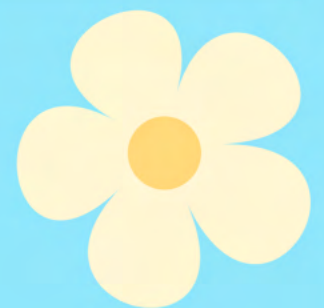
# SP WELLNESS #4



#TAKE CARE OF  
YOURSELF

OCTOBER  
IS MENTAL  
WELLNESS  
MONTH

**ROSIES ARE SERIOUS  
ABOUT MENTAL HEALTH**







# HANDLE WITH CARE



We wish to reshare - If your family is experiencing difficulties at home, we would like to provide additional support at school. We understand that you are not always able to share details, and that is okay. If your child is coming to school after a difficult night, morning or weekend, please message a member of our staff team "**Handle with Care.**" Nothing more will be asked or said.

This will let us know that your child may need extra time, patience, help, or care throughout the day.





# OCTOBER FOCUS

A variety of activities were completed during the month of October. Each activity allowed the Rosies to add another tool to their toolkit to assist them with managing their wellbeing.



Pavement Positivity

Wellness Salad

Meditation

Fun and laughter in games

Wellness quack-quacks



Learning about gossip and how harmful it can be

SELF  
LOVE

breathe

well  
done!

BE GENTLE  
WITH  
YOURSELF



# WELLNESS SESSIONS

In the **meditation** session, we encouraged learners to breathe deeply and focus on the movements of their bodies to encourage relaxation. In the meditation, we 'took' the girls to the beach, a calming and peaceful vista for most people. The learners focused on breathing and being aware of their bodies while allowing themselves to reflect on the vastness of the ocean. The focus on the ocean reminded learners how small our problems are when compared to the greatness of the sea (a skill that is helpful to remember when feeling overwhelmed in a moment of panic). Learners left the session feeling relaxed and ready for their day.

The **Wellness Salad** was used as a metaphor for girls to think about how they go through each day showing love, kindness and helpfulness etc. Pictures representing each wellness emotion were cut and coloured and put into a "salad bowl". A recipe showing amounts needed was also included.

During their **mindfulness** sessions, the girls learned how to foster peace and calm through drawing and origami. We discussed how sometimes life might get very busy or something might seem overwhelming, and slowing down to work with paper and pen can be very therapeutic. Some classes created a spring garden picture, drawing Zentangle doodles while others made origami Springbok shirts.





# WELLNESS SESSIONS

## POSITIVE ART

Through this activity, we explored the power of our words and the impact they can have on others. We decorated areas around the campus with positive phrase art. Positive affirmations are positively loaded phrases, that are used to challenge unhelpful or negative thoughts. Rosies were encouraged to share their own positive affirmations to motivate themselves and their peers, encourage positive changes in their lives and the lives of other Rosies, or boost self-esteem.

The girls played some **fun games** to give them time to relax and laugh and enjoy each other's company and some healthy competition. The games included ball games, music chairs and question games.

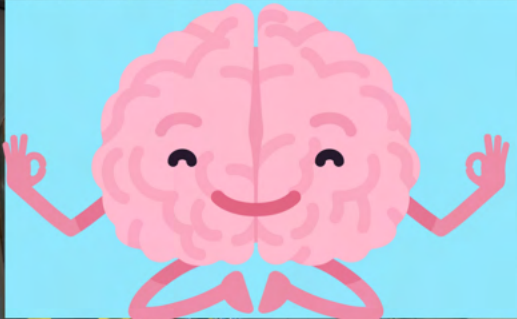
During our Wellness Lessons, we folded and created "**quack quacks**". The idea was to encourage the girls to give a mental wellness suggestion to whomever chose one of the options in the quack quack. Some great ones were: "take a walk with your dog", "listen to music", "bake something delicious". The girls participated eagerly and we all got great ideas on how to go into the assessment season with more wellness tools in our box.

Our topic for Wellness Connect was **gossip**. Each group did two role plays of different gossiping scenarios. The class was then asked to put themselves in the shoes of the person being gossiped about. They were encouraged to take the perspective of another and to reflect on how they would feel if it were them. The class also discussed the difference between sharing information (something kind, truthful and helpful), venting (sharing an emotion you have) and gossiping (saying something mean and unkind about another). The girls were left with the message of if you can't say anything nice, don't say anything at all.



relaxrelaxrelaxrelax

# Wellness Connect Grade 7s









# Wellness Connect Grade 5s

my SKILLS

life's tough  
take a bre<sup>ck</sup>



PLAY



# Wellness Connect Grade 4s

REST & RELAXATION

St Teresa's wellness salad

SOUL FULL OF SUNSHINE

believe in yourself

YOU GOT THIS!





# TUCKSHOP AND LUNCHES



## Breakfast-eating is good for the brain

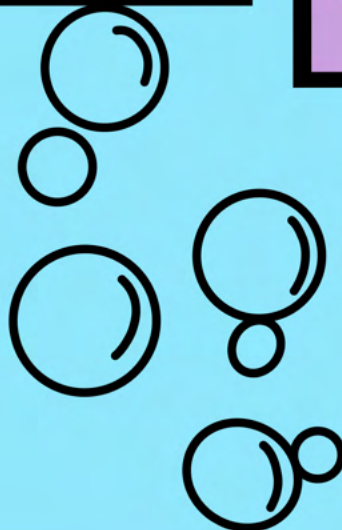
Eating breakfast regularly may help children to perform better at school by improving their attention, memory, problem-solving skills, school attendance, and show less hyperactivity and disruptive behaviour in class. The reason behind these brainy-benefits seems to be a combination between the immediate availability of energy and nutrients to perform tasks, as well as long-term effects on growth and brain development.

<https://heartfoundation.co.za/>



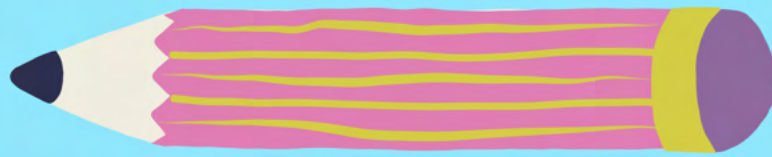
THE TUCKSHOP WILL ONLY BE SELLING FIZZY DRINKS AND SWEETS FROM 2ND BREAK FROM NOW ON!

We have noticed many girls lately who are drinking Coke, eating fizzers and chips and other sweets before school in the morning. Please encourage your daughters to have a healthy breakfast and to save sweets and fizzy drinks for after school so they can have optimal concentration during the school day.





# EXAM AND ASSESSMENT TIPS



*You  
got  
this!*

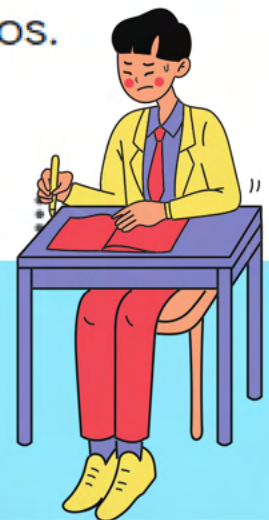
7 study tips to help your child prepare for exams

1. Ask your teacher questions. ...
2. Space out your studying and make a schedule. ...
3. Make use of flashcards. ...
4. Don't study for hours on end. ...
5. Teach someone your work. ...
6. Come up with silly ways of remembering information. ...
7. Make use of studying apps and YouTube videos.



Jozikids

<https://www.jozikids.co.za> › blog › education › 7-study-t...



BELIEVE  
you CAN  
and you're  
halfway there.







# GUARDIAN FUN

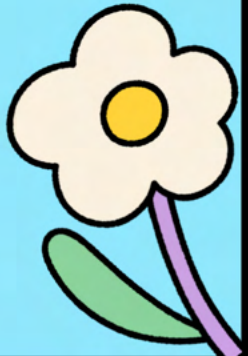


**HALLOWEEN**  
BINGO



During break on the 18th, the Grade 4 and 6 guardian groups played some fun games together such as Halloween Bingo, Roll the dice, Jenga and Uno.





# WELLNESS TOOL

## I NEED SPACE

A non-verbal gesture tool has been introduced to promote emotional development and well-being in children. The tool, inspired by a Coffee Morning talk, allows children to request a "time out" by forming a heart shape over their chest while saying, "I need space." It aims to help each child understand personal boundaries and respect others' emotional needs, and foster a more compassionate and understanding environment. The tool will be encouraged further in the upcoming term, and parents are encouraged to reinforce its use at home.

