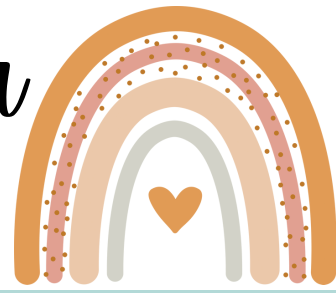




wellbeing newsletter



April 2025



This half term's newsletter is all about self-esteem.

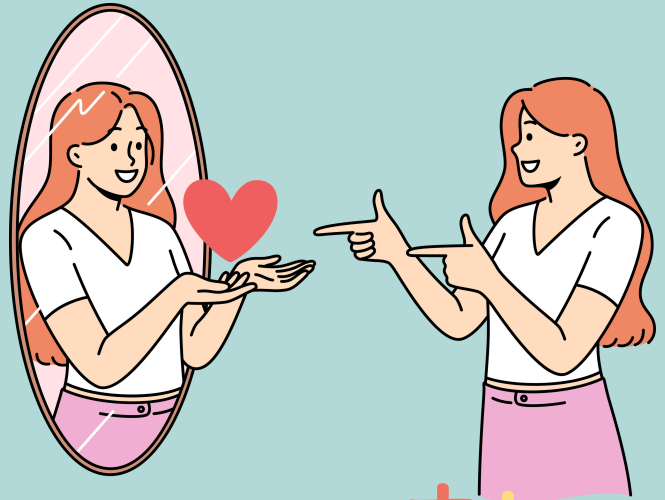
"What is self-esteem?" you might ask.

Self-esteem is all about how you ...

View yourself

Feel about yourself

Think others view you



I matter



How to feel better about yourself



- Look in the mirror and do daily affirmations
- If you have an insecurity about what someone has said turn it around into something positive.
- Journaling – write things down as it's easier than speaking sometimes.
- Take time for yourself—whether it's enjoying a quiet cup of tea, indulging in a hobby you love, or simply resting when you need to—can help you recharge and feel more balanced.
- Practicing self-compassion and being gentle with yourself (especially during busy or challenging times) can also improve your emotional health. Remember, when you care for yourself, you're better able to care for your family. Make self-love a priority this month—it's not selfish, it's necessary.



take care of your mind



Social Media



Social media can be a great way for us to connect with others, but it can also have a negative impact on our wellbeing!

This is just a reminder that what you see online isn't always realistic - people share the best bits of their lives and hide the negatives.

Try to not compare yourself to what you see online.



Self-esteem and SATs

SATs can be a really worrying time for us year 6's as we can feel pressure to do well.

Remember:

- The score doesn't matter as long as you try your best.
- The important thing is your progress, not your scores.
- SATs don't tell you how funny or kind you are or what other skills you have!
- Don't compare yourself to others; there's always going to be someone better than you at something!

BE KIND to yourself

Attendance and self-esteem

When we attend school regularly, our self-esteem improves. This is because we are not missing learning and falling behind, which can make you feel like you are dumb or can't do something, when really it's just because you've missed some important information.

You are amazing and deserve to feel that way!

Taya

Kaci

Harlow

Miss Tompkins