

# Wellbeing at St John Fisher



## Give to Others



It is proven that people are happier to give than to receive

### What we do:

House charity days.

Fundraising for charities linked to our school: CaFoD and Educaid

Sharing equipment in lessons

Preparing and donating to Christmas Hampers

Being kind with our words and actions

Free Christmas lunch and End of Year BBQ as a reward for hard work.

## Keep Learning



Continuing learning enhances self-esteem, encourages social interaction and a more active life

### What we do:

Daily learning within lesson time

A wide range of options subjects at GCSE and A-Level.

National Citizenship Service

Extra Curricular activities

Duke of Edinburgh Award

## Be Mindful



Remind yourself to 'take notice of the present' to 'be in the moment'

### What we do:

Mindfulness lessons

Quiet spaces available at lunch time

Outside spaces available during social time for reflection

Thought of the Day allowing for deep reflection

## Get Active



Regular physical activity lowers rates of depression and anxiety

### What we do:

Lessons such as PE and Drama that incorporate movement

Extra-curricular opportunities in Sport, Cadets, Drama

Break and Lunch times available for walking around outside.

Eco-Club: Physical work to help create the Sensory Garden.

## Community



Connecting with others, sharing ideas and problem helps with Wellbeing

### What we do:

Form time discussions and quizzes allows for communal time

Assemblies, Mass and Liturgies bring together school houses for celebration and reflection

Social time at Break or Lunch to catch up with friends

Lunch time and After school clubs to bring together people with similar interests.