

'Beloved, I pray that all may be well with you and that you may be in good health, as it goes well with your soul' 3 John 1:2

Wellbeing at St John Fisher

Give to Others



It is proven that people are happier to give than to receive. *'It is more blessed to give than to receive.'*

Examples of what we do:

- House charity days.
- Fundraising for charities: CAFOD and EducAid
- Preparing and donating to Christmas Hampers
- Coming together to share a meal
- Being kind with our words and actions

Keep Learning



Continuing learning enhances self-esteem, encourages social interaction and a more active life. *'An intelligent heart acquires knowledge.'*

Examples of what we do:

- Daily learning within lesson time
- A wide range of options subjects at GCSE and post-16.
- Enrichment
- Extra-Curricular activities

Be Mindful



Remember to take notice of the present' to 'be in the moment'. *'Peace, I leave with you; my peace I give to you.'*

Examples of what we do:

- Mindfulness lessons
- Quiet spaces available at lunchtime
- 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. *'your body is a temple of the Holy Spirit.'*

Examples of what we do:

- Eco-Club: Physical work to help create the Sensory Garden.
- Lessons such as PE and Drama that incorporate movement
- Extra-curricular opportunities
- Break and Lunch times are available for walking around outside.

Community



Connecting with others, sharing ideas and problem helps with Wellbeing. *'Encourage one another and build each other up.'*

Examples of what we do:

- Assemblies, Mass and Liturgies bring us together for celebration and reflection
- Form time discussions and quizzes allow for communal time
- Break or Lunch to catch up with friends
- School clubs bring together people with similar interests.