

# Wellbeing Newsletter

Created by the AGGS Wellbeing Ambassadors



## Inspired by... Competition

This week we are launching another competition before the summer holidays! If you would like to enter, please submit a piece of writing, a collage, artwork, a dance/drama piece, or any other creative project, which showcases someone who inspires you.

This could be a living/dead individual and they can be anyone - historical figure, celebrity, sportsperson, etc... . Alongside your submission, please include a short explanation as to why they inspire you.

There will be prizes for the top 3 entries and you must submit your entries by **Friday 10th July** so we can announce the winners in the newsletter on **Tuesday 14th July**.

All entries (or photos of entries) should be sent to the wellbeing ambassadors' email address, [studentwellbeing@aggs.bfet.uk](mailto:studentwellbeing@aggs.bfet.uk)

Have fun and we look forward to seeing your fantastic entries once again soon! We may even make a display of the best entries when we return to school as a reminder of the creative things we got up to in lockdown.



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## Diary of Feelings

We are encouraging you again to try out the diary page since it's a great way to manage your feelings.

## DIARY OF FEELINGS PAGE

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By recognising and writing down our thoughts each day, we can reflect on the different emotions we feel, and any reactions caused by having those feelings. Using these reflections, we can more easily manage our emotions and be reminded of what makes us feel more positive. We can also see how much our mood fluctuates day-by-day, which is completely normal!

Now that changes are continuing to be made to lockdown restrictions, it's okay for different people to respond differently to this, whether you're glad to be going out or whether you're feeling anxious. We have added a page specifically to write down any negative thoughts. It's always better to get all of your worries out on to paper than to bottle them up inside your head.

Why not have a go at filling in the diary template below over the next couple of weeks!

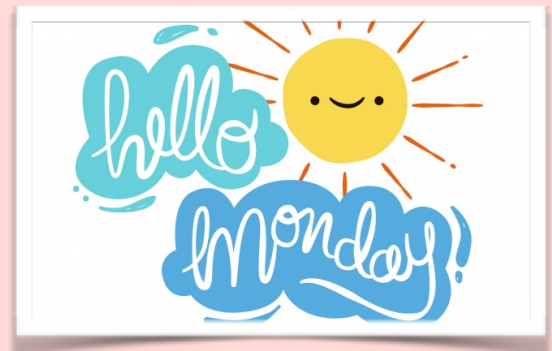


## MONDAY

Today I was feeling...

Something that I'm grateful for...

Something I'm looking forward to...



*'If you see someone without a smile, give them one of yours'*

## TUESDAY

Today I was feeling...



Something that I'm grateful for...

Something I'm looking forward to...

*'Admire someone else's beauty without questioning your own'*

## WEDNESDAY

Today I was feeling...



Something that I'm grateful for...

Something I'm looking forward to...

*'Talk to yourself like you would to someone you love'*

## THURSDAY

Today I was feeling...



Something that I'm grateful for...

Something I'm looking forward to...

*'Today I want you to think about all that you are instead of all that you are not'*

## FRIDAY

Today I was feeling...



Something that I'm grateful for...

Something I'm looking forward to...

*'All progress takes place outside the comfort zone'*

## SATURDAY

Today I was feeling...



Something that I'm grateful for...

Something I'm looking forward to...

*'Everyone wants happiness, no one wants pain, but you can't have a rainbow without a little rain'*

## SUNDAY

Today I was feeling...



Something that I'm grateful for...

Something I'm looking forward to...

*'Fall in love with the process of becoming the very best version of yourself'*

## GET IT OUT PAGE

A place to express any particular negative, sad or anxious feelings...



*'Doubt kills dreams more than failure ever will'*

wellbeing  
ambassadors

There is also more information on the school website - [www.aggs.trafford.sch.uk/life-at-school/wellbeing/](http://www.aggs.trafford.sch.uk/life-at-school/wellbeing/)