



GJS Wellbeing Newsletter

At GJS, we work hard to help everyone feel happy, healthy and safe. Each week we will share with you some fun activities and useful websites to help you support your wellbeing.



Team Gomer are looking forward to being back at school with you all!

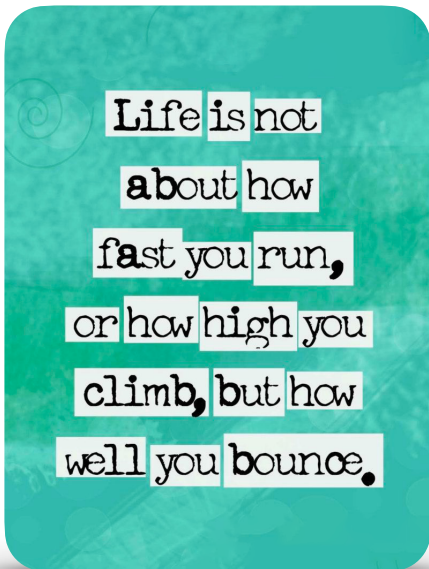
We are excited about being back in the classrooms seeing and celebrating your successes with you.

We are looking forward to:

- exploring new learning topics
- enjoying our amazing school grounds
- and much more!

We would love to hear about what you are looking forward to as we go back to school!

Quote of the Week



This week, we would love to hear about how you have been showing our Gosport Futures Quality of 'Staying Positive'. Send us some pictures and comments to let us know how you have been doing this.



Useful websites

CALM ZONE

[Calm Zone](#)

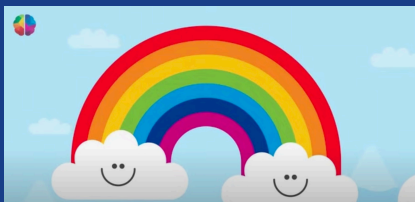


[GoNoodle](#)



[Can't Talk, Write](#)

BEING MINDFUL



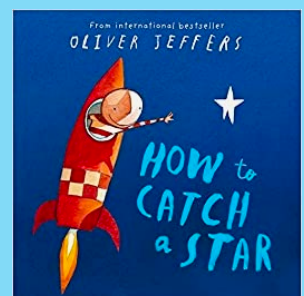
[Click Here](#)

GOMER IS ALWAYS HERE FOR YOU

YOU'RE NEVER ALONE

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STORY RECOMMENDATION



[Click Here](#)