



Christ Church School, Hampstead

A village school in London inspiring *life in all its fullness*



School Council, C.R.E.W. and Wellbeing Champions newsletter

Summer term 2025

School Council

This term, school council have been busy discussing ideas to pass on to our School Council next year. We wanted to make sure all our wonderful ideas carried on - so look out for arts and games cupboards in the playgrounds for playtimes and fundraising for wildlife in our local area.

This term we came up with some guidance for the school council elections, making sure they are fair and democratic. We made leaflets for the year 5 candidates to ensure they knew exactly what to do and why it was important to have a school council at Christ Church. Our Year 6's also made a presentation for the year 5's to tell them a bit more about what it means to be on school council. On the day of the hustings assembly, we told the school about listening to the amazing manifestos, how to vote and how an electoral register works.



Well done to Hartley (Chair), Rufus (Vice Chair) and Nina (Secretary) who will be leading the School Council 2025-2026.

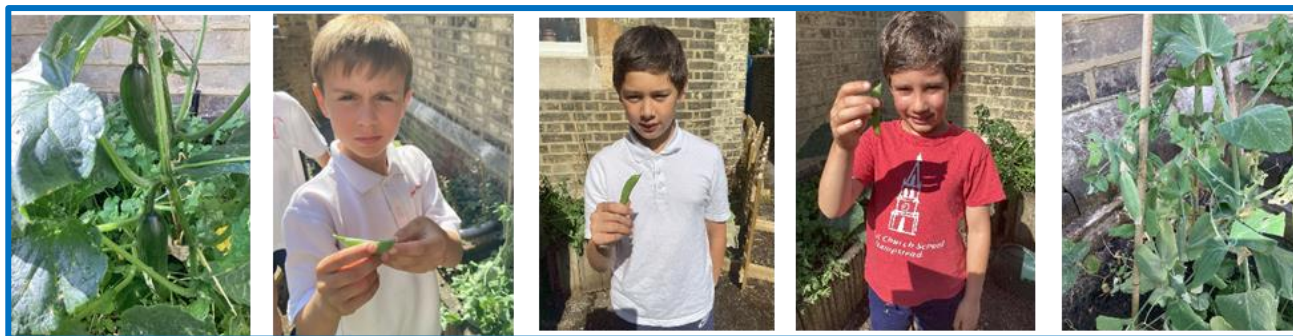
CREW (the Christ Church Eco Warriors)



CREW have been very busy growing things! In April, we cleared the ground and planted seedlings. In May we transferred the seedlings outside and in June we made sure they were watered.



We were really happy to see lots of plants growing including sugar snap peas, cucumbers and carrots!



CREW also helped out volunteers from 'Think and Do' when they hosted a stall to raise awareness about air pollution.



Wellbeing Champions

The wellbeing champions attended a celebration event at London Zoo where we shared what we have been doing to promote positive mental health at Christ Church, and we listened to wellbeing champions from other Camden schools to find out what they had been up to. We told them all about our leaflet to promote wellbeing in the digital world and then enjoyed a fun afternoon visiting the animals in London Zoo. We also shared what we learned in an assembly to the whole school.



<p>What are the issues?</p> <p>Comparing yourself to others you see online.</p> <p>How can this affect your mental health?</p> <p>You can feel annoyed, jealous, envious and this might give you low self esteem.</p> <p>What can you do?</p> <p>Focus on what you are good at.</p> <p>Make a gratitude diary.</p> <p>Be a good friend and value your friends.</p> <p>Remember everyone is different and that's what makes the world so interesting!</p>	<p>3 7 12 16 18</p> <p>What are the issues?</p> <p>Playing games or watching videos that are not for your age.</p> <p>How can this affect your mental health?</p> <p>You can feel frightened, scared and get nightmares.</p> <p>What can you do?</p> <p>Check with parents before you play or watch.</p> <p>Check the age rating for the game or film.</p> <p>Switch it off if you feel scared and tell someone about it.</p> <p>Christ Church School, Hampstead</p>	<p>Wellbeing in the Digital World</p> <p>The online world is an exciting place and very useful, but we need to be aware of the impact it can have on our mental health.</p> <p>The Christ Church Wellbeing Champions have created this leaflet to help educate children about staying happy while using devices.</p>	<p>What are the issues?</p> <p>Playing games or watching videos late at night.</p> <p>How can this affect your mental health?</p> <p>You can become tired, grumpy or snappy.</p> <p>What can you do?</p> <p>Switch off your device an hour before bedtime.</p> <p>Do something else like read a book, play with your toys or a pet.</p> <p>Relax by doing deep breathing exercises or 'squeeze and relax' muscle relaxation.</p>	<p>What are the issues?</p> <p>Spending too much time on devices.</p> <p>How can this affect your mental health?</p> <p>This can lead to sleep problems and make you feel anxious. It can give you eye and neck strain.</p> <p>What can you do?</p> <p>Set a timer for your screen time.</p> <p>Enjoy sports like swimming, tennis, cricket and football.</p> <p>Do some art, crafting or cooking.</p> <p>Play with toys or read books.</p> <p>Spend time with your friends and family outside.</p>	<p>What are the issues?</p> <p>Receiving unkind messages when playing a game.</p> <p>How can this affect your mental health?</p> <p>You can feel frightened and under their control.</p> <p>What can you do?</p> <p>Screen shot the messages and tell an adult.</p> <p>Close the game.</p> <p>Report to moderators of the game.</p> <p>Play online with friends you know in the real world.</p>
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