

School Counsellor Newsletter



Aristotle at Home: Belonging

Newsletter 6

In this final newsletter of the *Aristotle at Home* series, we look at belonging.

Making social connections and creating a sense of belonging is often overlooked in terms of health benefits. Having strong social connections improves our physical and psychological health and wellbeing. For example, one study has shown that a lack of social connections can be more detrimental to one's health than obesity, smoking or high blood pressure. Also, having strong social connections and a sense of belonging can lead to an increased chance of longevity, the ability to recover from diseases more effectively and lower rates of anxiety and depression. Other studies have discovered social connections help to develop higher self-esteem and more empathy and trust towards others. For more information on the benefits of social connections and belonging, see [this article](#) at *Psychology Today*.

This week's resource acknowledges the importance of creating social connections to develop a sense of belonging, and points out that networks and connections may have changed over the lockdown period - which is normal and okay. Several worksheets will provide your son with the opportunity to think about who they are connected with and who is in their wider network, as well as working through ideas of how to keep connected

during difficult times, such as lockdown. Finally, your son will be able to create a plan to track who he is connected with and how he can increase connections to develop his sense of belonging.

This week's resource is directed at Years 5 to 8, yet you could talk to younger students about these approaches and strategies, and work through them with them as needed.

[Belonging \(Student\)](#)

[Belonging Parent\)](#)

Enjoy the holidays with your son. I hope that you are able to take the time to connect as you need to over the break. I will finish this newsletter with a quote from Brene Brown, who has carried out a great deal of research in regard to belonging, social connections and vulnerability. I would recommend Brene Brown's work and Ted Talks, not only because she is engaging and entertaining, but also because her message is so important in regard to being ourselves and belonging as ourselves.



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If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim amos.pilgrim@medbury.school.nz.

