

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 37 - May 2024

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## Welcome to our May Well-Being Newsletter!

A great month for Mental Health at St Michael's! We celebrated Mental Health Week with some amazing work from our Mental Health Ambassadors. Our pupils enjoyed fun activities and special assemblies, which highlighted the importance of self-care, physical activity and talking to someone if one is struggling. Staff were also invited to choose from some fun workshops to take part in, such as yoga, zumba, making a tote bag, a quiet reading session and going for a walk at lunch time. Please see some lovely photos from the week, on page 2.

Our Parent's section will, this month, focus on our young people and technology: how to help our teenagers reduce their screen time without conflict, how not let technology reduce their sleep time and making sure that they use social media safely.



## Cost of living crisis - Useful links



<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

[https://england.shelter.org.uk/housing\\_advice/benefits/emergency\\_grants\\_loans\\_and\\_money\\_help](https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help)

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

**BBC Food Family's £1 recipe meal plan:**  
[https://www.bbc.co.uk/food/articles/budget\\_family\\_meal\\_plan\\_for\\_four#xtor=CS8-1000-%5BEditorialPromo\\_Box%5D-%5BNewsEditorial\\_Promo%5D-%5BNewsEditorial\\_Promo%5D-%5BPS\\_FOOD~N~~P\\_budget\\_meal\\_plannerFP%5D](https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D)

# St Michael's Mental Health Awareness Week



Mental Health assemblies led by our Mental Health Ambassadors



Fun pupils' activities highlighting the importance of sports for our mental health



Some fun karaoke

Selling Mental Health ribbons

# Parents' Page

## Teenagers and screen time



Ofcom in the UK, estimates that the average 3-4-year old spends three hours a day in front of a screen. This rises to four hours for ages 5-7, 4.5 hours by ages 8-11, and 6.5 hours for teenagers. The social isolation and distancing during the peak of Covid-19 resulted in a surge in screen time. The number of messages in the WhatsApp groups of children is now 5 times higher than it was pre-lockdown. The World Health Organisation (WHO) advises that screen time should be replaced with more time for interaction, physical activity and sleep. It is worth remembering that teenagers are still children and must be given rules, guidelines and boundaries by their parents/guardian. This goes for mobile phone usage as well as any other matter in the home. There are as many dangers online as there are outside the home, if not more.

The more time children spend in front of screens, the more inactive they are. Whether your teen has a weight problem or not, physical activity helps children feel better, sleep better and learn better.

### Some stress-free strategies to reduce your teen's screen time:

**Watch your own screen habits.** Although your teen may not seem to pay attention to anything you do or say, you are still their most important role model. Therefore you cannot tell them to cut back on screen time if you are yourself spending hours doing the same.

**Remind teens to limit screen usage.** It is important to let your teen know you are paying attention to how much time they spend on a screen. Our children were born digital, so it is up to us to remind them that there is an unplugged world out there.

**Motivate your teen to exercise.** Your teen will be more motivated to move if you let him choose the type of activities they want to participate in.

**Encourage activities that involve socializing.** Look for activities and clubs that engage your teen socially, so they will get out and be with other people, If you can't convince them to join you at social events, suggest activities related to their interests that involve other teens, such as school or church groups or volunteer work.

**Create screen rules together.** You will be more likely to get your teen to listen if you come up with screen-time rules as a family. Together you can write up a contract that outlines clear house rules with rewards and agreed upon punishments. Here are some suggestions for rules to implement together:

- Not to use their tablets during meals, either at home or a restaurant;
- No TV/mobile phone during meals;
- No TV/mobile phone until after homework and chores are done;
- The mobile phone gets turned off at a set time at night.
- No screen in your teen's bedroom.

**Talk about it.** Simply setting limits won't go over well with older teens, who need to have rules that make sense to them. Show them articles or books about the impact of using too much media so they understand that your rules are not unfounded – and that you have got their best interests and good health at heart.

## Staff Corner

### Creating a mentally healthy school: Top Tips for Teachers

- **Start with your own mental health:** use the Five Ways to Well-Being to 'check-in' with yourself around your own wellbeing and how you're supporting yourself.
- **Ask for help:** we all experience ups and downs throughout our lives. Talk to a trusted person or get professional help if necessary.
- **In your classroom:** talk to your pupils about mental health, that it affects all of us, share the Five Ways to Wellbeing. Empathy involves acknowledging what the young person is feeling, attempting to understand things from their point of view and avoiding judgement. If a pupil shares their worries with you, try to empathise rather than giving advice or trying to "fix" their problem. If you have any concerns about their safety, follow the school's safeguarding policy.

## Self-Care for Educators



Connect with  
uplifting colleagues



Do physical  
activities you enjoy



Treat yourself  
when you need it



Remember to  
start fresh every  
day



Take a break when  
you need one



Use positive self-  
talk



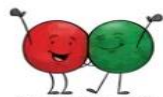
Go for a walk or  
spend time outside



Read a good book  
(just for you)



Plan an activity  
to look forward  
to



Spend time with  
friends and family



Leave work at  
school for the night  
or weekend



Spend less time  
on social media



Bring healthy  
snacks and meals



Be comfortable  
saying "no" to  
more obligations

[www.thepathway2success.com](http://www.thepathway2success.com)

Illustrations by Kelly Redfield & Sarah Parnell



<https://www.educationsupport.org.uk/>

## Chaplain's



## Corner



Dear Lord,

*I give thanks for my friends, for  
connection and laughter, for comfort  
and strength, for encouragement  
and unity, for forgiveness and grace,  
for celebration and joy.*

*I pray you guide me and them to  
make the right choices and to  
support each other in good times  
and more importantly, in bad.  
May you lead myself and those  
around me to abundance, and  
encourage us to share the love and  
kindness we show to our friends to  
everyone we meet, so no-one feels  
left behind.*

*Amen.*



# Mental Health Support for everyone



**shout**  
**85258** here for  
you 24/7

Free 24/7 mental health text support

**kooth**  
Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people  
[www.kooth.com](http://www.kooth.com)

Free online Emotional  
support for young people

**Scared of your partner or ex?**  
Talk to us any time,  
day or night.  
Freephone 24 hour National  
Domestic Abuse Helpline  
Confidential,  
non-judgmental support  
Or reach us online:  
[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)  
**Refuge**  
24 hours support  
0300 330 330

You are not alone.  
Thousands of parents contact us every year  
and get the help they need.  
T: 0808 802 5544  
E: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
W: [youngminds.org.uk/parents](http://youngminds.org.uk/parents)  
**YOUNGMINDS**  
Parents Helpline  
0808 802 5544  
[youngminds.org.uk](http://youngminds.org.uk)  
Mon-Fri 9.30am-4pm

Free parenting helpline: 0808 802 5544

**ChildLine**  
0800 1111

**LGBT**  
foundation  
WE'RE HERE IF YOU NEED US  
0345 3 30 30 30 [lgbt.foundation](http://lgbt.foundation)

**Qwell**  
COUNSELLING.COM

A free online counselling  
support for over 25s

**Carers UK  
Helpline**  
[advice@carersuk.org](mailto:advice@carersuk.org)  
0808 808 7777  
Monday to Friday, 9am - 6pm

**Cruse  
Bereavement  
Care**  
*Somewhere to turn when someone dies*

Samaritans  
Hours: Available 24 hours.

116 123

**THE NEST**  
Nurturing Healthy Minds  
at Brandon Library

The Nest is a free & confidential mental wellbeing  
service for young people aged 11-25  
We are now running a weekly drop-in  
Every Thursday 16.30 – 18.30  
[email thenest@groundwork.org.uk](mailto:thenest@groundwork.org.uk) or drop in