

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 39 - July 2024

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Welcome to our July Well-Being Newsletter!

It has been another great year for well-being at St Michael's (please refer to page 3 to read our highlights in terms of promoting positive mental health). The 6-week summer break is fast approaching. It will hopefully be an opportunity for most of us to rest, to enjoy activities we may not have had time to do during the school year and to increase the self-care.

However, as always, if you are struggling emotionally, it is important to reach out to someone you trust, i.e. a family member, a friend, your GP or the numerous organisations which support people's mental health, at any time of the year (please refer to page 7 for a list of those organisations).



What's on this month:



- ☀ **Page 2:** Parents' page: 'Making the most of the summer break'.
- ☀ **Page 3:** A Year of well-being in pictures from our Mental Health Ambassadors.
- ☀ **Page 4:** Mr Bourke's recommended summer reading.
- ☀ **Page 5:** Free summer break activities in London.
- ☀ **Page 6:** Our Chaplain's Prayer.
- ☀ **Page 7:** Mental Health support for everyone.



Parents' Page

Simple tips and advice for making the most of the school holidays with your children.

With the cost-of-living crisis, there may be some family rituals and routines that will not be possible this year. It is ok to talk to our children about this and to manage their expectations about treats, outings and gifts.

Talk to them about their favourite things about holidays. Sharing memories will help you get in touch with what makes time together as a family feel special. You might be surprised that your children may value the simple things, such as just spending time with you, and not only the big days out or expensive treats.

Be creative -

Being at home over the holidays could be an opportunity to find a new creative outlet. Being creative is a great way for children and adults to express their feelings, thoughts and ideas, as well as being fun! You could get creative through cooking, art, junk modelling, dance, or any activities that make you and your children feel good.

Get out and about -

Fresh air, natural light and exercise can have a positive effect on our mental health. Plan some family time outside – daily, if possible. This could be a walk, going out on bikes or a trip to a park. A simple change in scenery can help improve your mood and can also serve as a valuable break from screen time.

Resist the pressure to entertain your children 24/7 -

It can be very difficult to hear “I’m bored!” from your children time and again during the holidays. However, when they say this, don’t feel the need to immediately organise something to help keep them entertained. Whilst you can help your children think about what they might do to change the situation (such as arrange to see a friend), they need to learn to tolerate their full range of emotions, including feeling bored from time to time. Occasional boredom may even spark some creativity in your children!

Take time to reflect -

Holidays are a great time to reflect. It can be comforting to try and find positives, no matter how small, and celebrate them with your children. Why not have a go at making a display of photos or drawings of your family’s highlights from the past year or school term, and stick it on the fridge door?

Need extra support? -

If you or your children are struggling, it’s important to talk to someone – a friend, family member, staff member at your children’s school or your GP. You can also find details of organisations that offer support, such as:

- **Shout: free 24/7 mental health support: Text 85258.**
- **Kooth: Free online emotional support for young people: ‘Kooth.com’.**

More support helplines, for parents and young people, on page 6.



A Year of Well-Being by St Michael's Mental Health Ambassadors



This year again, we have supported our peers' mental health: we fund-raised for Young Minds, presented assemblies on mental health and bullying, organised a fun well-being sports session and some fun karaoke. Year 9s made an Anti-Bullying Week video and we sold a lot of mental health ribbons. We have enjoyed taking part in raising the profile of mental health in our college and we hope to continue next academic year. **From St Michael's Mental Health Ambassadors.**



Reading Well Booklist

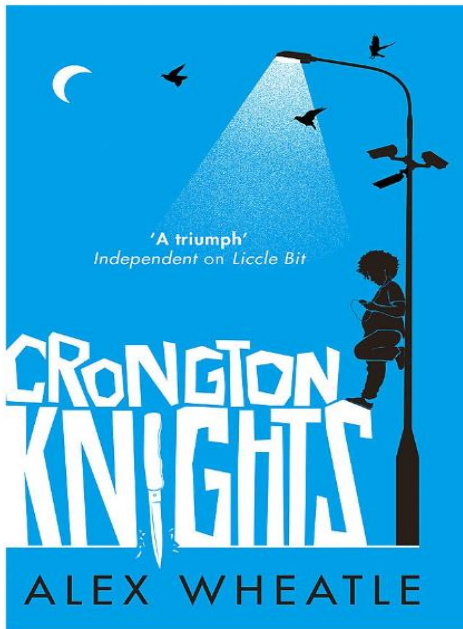


by Mr Bourke

(English Teacher)

Where to find these books:

Visit your local library website to borrow any books.



Living on the South Crongton council estate has its worries - and life for McKay has been even tougher since his mum died.

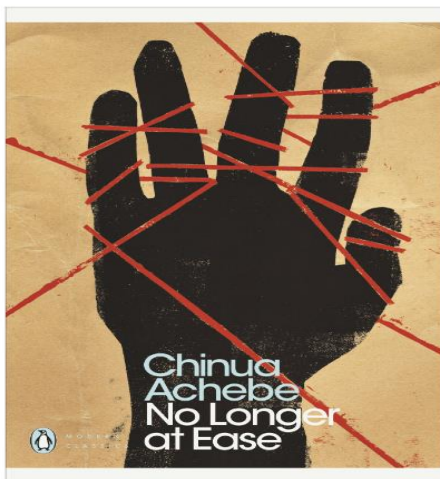
His dad has been working all hours to keep the bailiffs from their door.

His brother is always out riding the streets at night, tempting trouble.

And now, having strayed off his turf on a 'heroic' (if misguided) mission to help out a girl, McKay finds himself facing a friend's crazy ex-boyfriend, some power-tripping hood-rats and a notoriously violent gangster with a vendetta which hits too close to home.

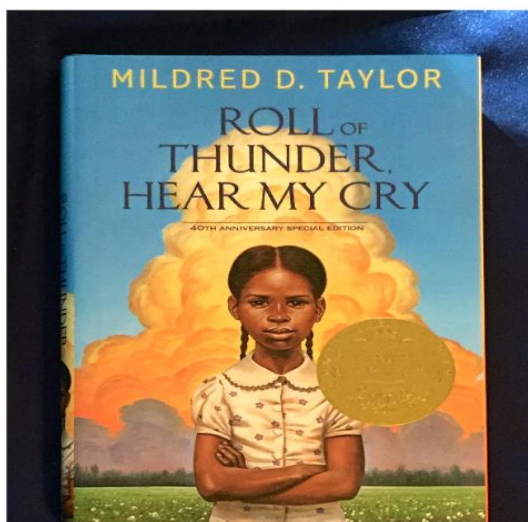
Poor McKay. He never asked for trouble . . . But during one madcap night of adventure and danger, he will find out who his true friends are and what it means to stick with your family.

Crongton Knights is a very funny, very moving story that shows that although life is testing, the lessons learned the hard way are the ones you'll never forget.



No Longer at Ease by Chinua Achebe is the story of a young Ibo man educated on scholarship in England, whose fine civil service job with perks and a beautiful fiancé get him caught up in a system he loathes and swiftly causes him to lose all.

Twenty-six-year-old Obi Okonkwo is convicted of accepting bribes as a civil servant. His boss, who testifies against him, and another British colonial official wonder what it is in the African makeup causes such aberrations, while Obi's people in the Umuofia Progressive Union (UPU) see it being merely a case of an inexperienced young person not going about it in the established manner. How Obi comes to this end is examined.



Why is the land so important to Cassie's family? It takes the events of one turbulent year—the year of the night riders and the burnings, the year a white girl humiliates Cassie in public simply because she's black—to show Cassie that having a place of their own is the Logan family's lifeblood. It is the land that gives the Logans their courage and pride—no matter how others may degrade them, the Logans possess something no one can take away.



Free and fun activities for young people this summer term

London Borough of Southwark:

Southwark's food and fun holiday programme 2023:

<https://www.southwark.gov.uk/health-and-wellbeing/health-advice-and-support/healthy-eating?chapter=8>

A gym/swim membership:

Southwark residents can use swimming and gym facilities for free in all of the council leisure centres:

<https://www.southwark.gov.uk/leisure-and-sport/free-swim-and-gym>

London Borough of Lambeth:

<https://www.lambeth.gov.uk/summer-activities-around-lambeth/summer-food-fun>

London Borough of Tower Hamlet:

https://www.towerhamlets.gov.uk/News_events/Events/Summer_events.aspx



✝ Chaplain's Corner ✝

Dear Lord,

We reach out to you in our moments of need and of weakness,

*Please show us your love so that we might know this is never
unchanging,*

*Teach us that human love and kindness begins and grows
when inspired by your own love.*

*Let your gentle peace be with us always and allow us to help
bring the peace of this to others in their time of need.*

We ask this through Christ our Lord,

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

Free online Emotional support for young people

Scared of your partner or ex?
Talk to us any time, day or night.
0808 2000 247
Freephone 24 hour National Domestic Abuse Helpline
Confidential, non-judgmental support
Or reach us online: www.nationaldahelpline.org.uk
Refuge

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
W: youngminds.org.uk/parents
YOUNG MINDS
YM Parents Helpline
0808 802 5544
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

Qwell
COUNSELLING.COM

A free online counselling support for over 25s

Carers UK Helpline
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 or drop in

Wishing you all a peaceful and restful summer break

