

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 40 - September 2024

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Welcome back to our Well-Being Newsletter!

September signals the end of summer, the beginning of autumn, and the start of a new school year.

The much welcomed 6-week break, for a lot of us, has come and gone but has hopefully enabled us to take a break from the school/work routine and relax our bodies and minds. If, however, things did not go according to plan and you have been struggling emotionally, remember that it is not a sign of weakness, the important thing being to be able to reach out for help. We are all humans but our experiences are all unique. It is a sign of strength to seek help, whether with a family member, a friend, an adult we trust or a professional. Whether positive or negative emotions, we must express them in a healthy way. Please refer to page 4 for a list of support services.



Parents' Corner

Be Secondary School ready: top tips for Parents/Guardians:



- Ensure that your child becomes responsible for their own timetable and packing their own bag, etc; knowing what lessons they have on what day, etc.
- Print out a pocket-sized timetable and laminate it.
- If they are using public transport for the first time, take them on the same bus journey prior, getting off at the correct stop and walking to the school or point of connecting bus, if need be, highlighting safe places to cross, etc.
- Get a cheap mobile phone for contacting them out of school hours.
- Phones can be an issue so try and get some rules in place about their usage, e.g. no phone after a certain time in the evening. Your child will get a lot of information at school about staying safe online, but you will lose a lot of control over their social media habits and your child is likely to know a lot more about it than you. It is really important to be aware of what they are doing and set limits on screen time.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/>

How physical activity can help your mental health



Being physically active releases chemicals in the brain that make us feel good, boost our self-esteem, help concentration, and improve sleep and wellbeing. Exercise can also improve our sense of control and coping ability. It can also distract us from negative thoughts and provide opportunities to try new experiences.

Evidence shows that physical activity reduces symptoms of anxiety and mild to moderate depression. Regular physical activity also prevents diseases such as heart disease, obesity and Type 2 Diabetes.

It is important to choose an activity that you enjoy. Whether it be through daily household tasks, or social activities such as dancing and play, walking, cycling or through other sports, regular activity improves all aspects of our lives and benefits all age groups – from young children to older people – every move counts and is great for our body, heart and mind!

<https://www.nhs.uk/live-well/>



<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

Staff Corner

The pressure of the new year and the necessity to get back into a routine can take its toll. Please find below some helpful tips for a healthy new school year:

- Try to do one thing each week that reminds you why you are in the role you are now, in the first place. If you are a Teacher, you can use a teaching strategy that you and your pupils all enjoy to remind yourself of the difference you're making in their lives.
- An act of appreciation or kindness produces positive emotions, stronger social connections and improved wellbeing. Also, each night, try and recall three good things that have happened during the day.
- Set a reasonable time for leaving school each day. Find ways to switch off, so that you can relax when you get home. In addition, try to limit the amount of school work you bring home.
- Good-quality sleep is one of the most important aspects of maintaining your physical and psychological health.
- Think of proactive ways to manage the stress in your life. Meet regularly with friends and family, spend time on hobbies you enjoy, read or watch things that make you laugh, and build into your daily routine proven stress-busting activities such as yoga, meditation or exercises that involve deep breathing.
- Setting goals is a great way to give yourself direction, focus and motivation. Try to ensure that all your goals are achievable, measurable and have an end point. It can be helpful to break a larger goal into a more manageable sub-goal.

<https://www.gov.uk/government/collections/reducing-school-workload>

Download The Anna Freud practical guidance about school staff wellbeing:

<https://www.annafreud.org/media/11451/3rdanna-freud-booklet-staff-wellbeing-new-address-april-2020.pdf>

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

Staff Corner ...Cont'D

- The Body Coach app: free access for teachers in the UK / The Body Coach – Free access for Teachers for 3 months.
- City Lit are putting on events in October for their Mental Wealth Festival: <https://www.citylit.ac.uk/events/mental-wealth-festival/programme>
- Online Mindfulness Course for Teachers for this academic year which you can access via this link: <http://www.pearsonactivelearn.com>.



† Chaplain's Corner †

*Loving God,
be with all who struggle with their mental health,
and all who support them.
Give each of us faith to see beyond the troubles of this time,
hope to face this day and every day,
and a true sense of your love for all your people,
revealed in Jesus 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
YOUNGMINDS
YMI 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