

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 42 – November 2024

St Michael's Catholic College, Llewellyn Street, London, SE16 4UN
02072376432 | contact@stmichaelscollege.org.uk
www.stmichaelscollege.org.uk



Welcome to our November Well-Being Newsletter!

November, despite the short days and cold weather, is a month to enjoy the beauty of the autumn season with its stunning colours and crisp fallen leaves. A walk in one of the beautiful London parks can only be good for our mental health.

There are a lot of mental health disorders, e.g. anxiety disorders, depression, eating disorders, personality disorders, etc. These disorders can affect anyone (young and old, rich and poor). However, there are many sources of mental health support out there, and for everyone. As a pupil, the first step is to reach for help, by telling a family member, a friend or a member of staff you trust at St Michael's. It is not easy to take this first step but it is brave and not a sign of weakness at all. Adults too can reach out to their family, friends, GP or mental health professional if they are struggling emotionally.



Cost of living crisis - Useful links

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

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

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

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

<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



Mental Health and Well-being at St Michael's

Our college strives to provide a safe, calm and supportive learning environment, by implementing an early targeted support for pupils who need help.

We provide an evidence-based, holistic and whole school approach to help achieve this. This support also extends to staff and parents through various initiatives, such as Parent Partnership meetings, staff surveys, College Counsellor and School Nurse (also supporting staff), well-being events for staff, etc. Pupils are also offered a wide range of extra-curricular activities to widen their experiences.

Just as with physical health, one must not be afraid or embarrassed to seek help. Emotionally struggling is not a sign of weakness; it just means that we are humans. Reaching out for support takes courage and it is the first step towards recovery.

The Pastoral, Safeguarding and Inclusion team as well as our KS3 to KS5 Mental Health Ambassadors, all contribute to supporting the well-being of our pupils.

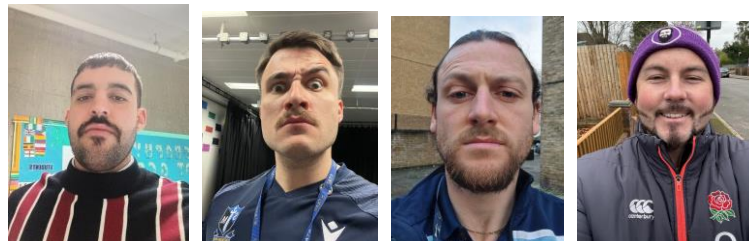
For more information about mental health support at St Michael's please refer to our school website:

<https://sites.google.com/stmichaelscollege.org.uk/mentalhealth/home>



Please also refer to page 4 of this newsletter for a list of external mental health support services.

Movember Challenge final week!!!



Well done to Mr Zanella, Mr Kose, Mr Brett-Roberts and Mr Parker for their impressive moustaches!

There is still time to donate on the following link:

<https://movember.com/m/tparker1?mc=1>

By donating, you are making a difference to men's mental health and suicide prevention, prostate and testicular cancer.

How to support your child's mental health



- **Be there to listen:** regularly ask how they are doing so that they get used to talking about their feelings and know that there is always someone to listen if they want it.
- **Stay involved in their life:** show an interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.
- **Take what they say seriously:** listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.
- **Encourage their interests:** being active or creative, learning new things and being a part of a team, help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.
- **Build positive routines:** try to reintroduce structure around regular routines, healthy eating and exercise.

Useful links:

<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>

<https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>
www.youngminds.org.uk



† Chaplain's Corner †

Dear Lord,

In this time of anxiety, give us strength.

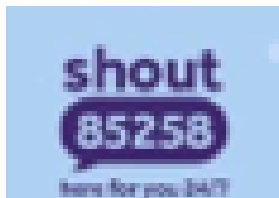
In this time of fear, give us comfort.

Ensure Lord, we are near to the ones we love In heart, In mind and In spirit.

Keep us, Oh Lord, close to you and give us hope for each day anew.

Amen

Mental Health support for everyone



Text Mental Health support service



Free online mental health support



Bearevment support for children
<https://rainbowsgb.org/>



www.cruse.org.uk



Qwell: a free online counselling
For over 25s



 03444 775 774 www.anxietyuk.org.uk	 116 123 www.samaritans.org.uk	 0800 068 41 41 papyrus-uk.org
 www.bipolaruk.org.uk	 Text SHOUT to 85258 (24/7) giveusashout.org	 0808 200 0247 (24 hours) refuge.org.uk
 0300 123 3393 www.mind.org.uk	 fighting for young people's mental health 0808 802 5544 youngminds.org.uk	 0333 212 7890 www.ocduk.org
 0800 58 58 58 www.thecalzone.net	 0800 58 58 58 www.b-eat.co.uk	