

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 44 – January 2025

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Welcome to our January Well-Being Newsletter!

*Wishing you a healthy year!*



“  
And now  
we welcome the  
new year.  
Full of things that  
have never been.”

Rainer Maria Rilke

## New Year New You!



As Albert Einstein once said: “Learn from yesterday, live for today, hope for tomorrow”. The New Year offers each one of us a completely new, sparkly clean slate to write on any way we choose. It has the unique ability to mean something very different to so many people, regardless of who we are or how we celebrate the milestone. We are never too old to set new goals or to dream of new beginnings. A new year symbolizes hope. We can set goals for our physical and mental health with small achievable goals towards better well-being.

Please refer to page 2 for tips on how to improve your well-being and to page 5 for a list of organisations supporting people's mental health. Remember that it is only human to struggle, at times, with our emotions. The first step is to tell someone you trust.

The following NHS website has great tips to help you feel more positive and able to get the most out of life:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>





## Getting a mentally healthy start to 2025

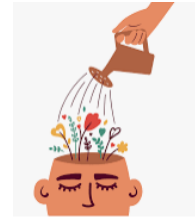
Every year, people make resolutions. Whilst the New Year can be a good time to work out what we can improve, let us not be too hard on ourselves. Small positive changes are easier to stick to, boosting our confidence and increasing the likelihood of longer-term positive changes.

Here are a few changes that everyone can make to help improve their mental well-being in the year ahead:

- **Limiting our time on social media:** research has shown that too much time on social media can negatively impact our mental health.
- **Getting more sleep:** lack of sleep can heighten feelings of anxiety, as well as lower our energy levels. Going to bed earlier and turning our phone off an hour before bed can help with a more restful night's sleep.
- **Exercising more:** exercise releases endorphins, improving both our mood and sense of well-being. Whilst exercise isn't a solution to all of our mental health struggles, it does make us feel better and improves our physical health.
- **Practising self-care:** this can mean different things to different people, but self-care is about taking time out to do something for you, this could be a long bath, reading a book, doing exercise or just being better at saying 'no' to things.
- **Embracing friends and family:** it can be all too easy to isolate oneself when dealing with anxiety or low mood, but talking to someone you trust, can help one feel less alone.
- **Improving our diet:** It can be easy to set unrealistic food and weight loss goals. Eating healthily is not about counting calories or losing weight, but being more mindful of the foods that we eat, and work towards a healthy, balanced diet.
- **Seeking help:** If you are struggling, ask for help: a family member, a friend, your GP, a mental health professional or a mental health organisation (please refer to page 5 for a list of mental health organisations).



# Staff Corner



## Well-being tips for Teachers

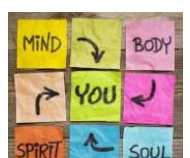
1. Try to do one thing each week that reminds you of why you became a teacher in the first place. Use a teaching strategy that you and your students all enjoy to remind you of the difference you are making in their lives.
2. Adopt a growth mindset in your teaching: it can be helpful to see yourself as a learner (just like your pupils) and to spend time reflecting on new ideas, considering what you have learnt and acknowledging areas that you find challenging.
3. Focus on kindness and gratitude: an act of appreciation or kindness produces positive emotions, stronger social connections and improved well-being. Check out the [Gratitude Journal](#) app.
4. Create clear boundaries between home and school: set a reasonable time for leaving school each day. Find ways to turn off your teacher mindset, so that you can relax when you get home.
5. Establish good sleeping habits: good-quality sleep is one of the most important aspects of maintaining your physical and psychological health.
6. Build up your emotional resilience: think of proactive ways to manage the stress in your life. Meet regularly with friends and family, spend time on hobbies you enjoy. Build into your daily routine stress-busting activities such as yoga, meditation or exercises that involve deep breathing. There are a lot of free apps to help you manage stress, like [Headspace](#) and [Smiling Mind](#).
7. Keep focused on your goals: setting goals is a great way to give you 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 more manageable sub-goals.
8. Reward yourself: consider simple and practical ways to reward yourself whenever you reach a goal: take a walk in nature, soak in a warm bath, cook your favourite dinner or indulge in a massage.
9. Build new connections: it is key to our well-being. Consider ways to develop student-focused relationships. Check out [Wellbeing Fives](#) for some practical ways to do this.



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

Download the Anna Freud practical guidance about school staff well-being:

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





## A recipe for a Happy New Year

- Take twelve whole months, clean them thoroughly of all bitterness, hate, and jealousy. Make them just as fresh and clean as possible.
- Now cut each month into twenty-eight, thirty, thirty-one different parts, but don't make up the whole batch at once. Prepare it one day at a time out of these ingredients.
- Mix well into each day, one part of faith, one part of patience, one part of courage, and one part of work.
- Add to each day one part of hope, faithfulness, generosity, and kindness. Blend with one part prayer, one part meditation, and one good deed.
- Season the whole with a dash of your faith's spirit, a sprinkle of fun, a pinch of play, and a cupful of good humour.
- Pour all of this into a vessel of love. Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness.

## † 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



Text messaging service for emotional support



Bereavement support for children  
<https://rainbows.gb.org/>



Free online emotional support service



a free online counselling service for over 25s



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

**AnxietyUK**  
03444 775 774  
www.anxietyuk.org.uk

**SAMARITANS**  
116 123  
www.samaritans.org.uk

**PAPYRUS**  
0800 068 41 41  
papyrus-uk.org

**bipolarUK**  
www.bipolaruk.org.uk

**shout 85258**  
here for you 24/7  
Text SHOUT to 85258 (24/7)  
giveusashout.org

**Refuge**  
0808 200 0247 (24 hours)  
refuge.org.uk

**mind**  
0300 123 3393  
www.mind.org.uk

**YOUNGMINDS**  
fighting for young people's mental health  
0808 802 5544  
youngminds.org.uk

**OCDUK**  
0333 212 7890  
www.ocduk.org

**CAMPAIGN AGAINST LIVING MISERABLY CALM**  
0800 58 58 58  
www.thecalzone.net

**Beat Eating disorders**  
0800 58 58 58  
www.b-eat.co.uk



**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE

# 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](https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help)

