

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 45 – March 2025

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Welcome to our March Well-Being Newsletter!

The days are getting gradually lighter, the snowdrops, crocuses and daffodils have arrived in London parks. We can start to come out of our winter hibernation and set about exploring the city's beautiful parks and gardens, museums and galleries.

This month's newsletter is focusing on low mood and how to help ourselves lift this difficult emotion. As always, please refer to page 4 for a list of organisations which offer mental health support for everyone.

Our Mental Health Ambassadors participated in Vicuna House's Charity Week this month and raised a fabulous £71.28 in just one bake sale. All profits raised by Vicuna House will be going to the organisation Papyrus, a charity dedicated to the prevention of young people's suicides in the UK.



St Michael's Mental Health Ambassadors

St Michael's has dedicated mental health trained ambassadors whose role is to support their peers' emotional health. They organise fund-raising events, offer one to one support to their peers and deliver mental health assemblies and workshops, to raise the profile of mental health within the college. Each year group has a team of ambassadors trained by our Mental Health Lead.

Below are some of the activities that our Mental Health Ambassadors have been involved in, so far, this academic year:



Raising money for Vicuna House: all profits went to Papyrus, a mental health charity dedicated to the prevention of young people's suicide.



Anti-Bullying Week workshops



Delivering Mental Health assemblies



A mental health display in the school foyer

Our Mental Health Ambassadors are now preparing for St Michael's Mental Health Awareness Week taking place in May 2025 with a lot of fun activities.



Dealing with low mood

Everyone can experience changes in their mood and we can all feel low at times. Therefore, it is, without question, completely normal to experience feelings of low mood.

Low mood can become a problem when:

- It is persistent;
- It impacts on how you behave;
- You are increasingly irritable;
- You have low motivation, feel lethargic and have no energy;
- You lack enjoyment in things that you used to enjoy;
- You feel hopeless;
- You have a poor appetite or are over-eating;
- You're experiencing poor sleep;
- You're taking less care of yourself.

Be kind to yourself

Try to break big tasks down into manageable chunks, and do not try to do everything at once. Give yourself credit when you complete each bit.

Healthy living

Being active and making sure we have a healthy balanced diet can help boost your mood, and help our wellbeing.

Get better sleep

Low moods can make us feel tired. Tiredness can also have a bad impact on our mood. Aim for a minimum of 8 hours of sleep per night.

Challenge unhelpful thoughts

The way we think affects the way we feel. Try and be aware of your negative thoughts.

Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.





Chaplain's Corner



**Lord Jesus Christ, light of this world, thank you for the hope you have given us.
Help us to give our worries to you and, above all, to trust in your unfailing love.**

For you have promised us "Never will I leave you, never will I forsake you."

Almighty God, our protector, let us trust in you to carry us through this time of uncertainty.

Jesus, hear our cries as we mourn those who've left us.

Whatever tomorrow may bring, we will praise your name.

Amen.

Staff Corner - Quick Clicks

GROUNDING EXERCISES

Techniques to use if you are feeling overwhelmed:

<https://livingwell.org.au/well-being/mental-health/grounding-exercises/>

DAILY CALM

<https://www.youtube.com/watch?v=yIQd2Ya0Ziw>

The Headspace App offers full free premium access to school staff:

<https://www.headspace.com/educators>



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

CALM
CAMPAIGN AGAINST LIVING MISERABLY
0800 58 58 58
www.thecalmzone.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

