

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 3 - March 2021

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Welcome to our March Well-Being Newsletter!

Spring is at our doorstep and the end of this lockdown is in sight!

In this edition, we will be discussing safety which is fundamental to our well-being. Feeling safe means we do not anticipate harm, whether physically or emotionally, i.e. at home, at school/work, when we are out and about and online.

On page 2, you will find links to organisations which offer support for people (children and adults) who are in a vulnerable position, physically and/or emotionally.



Factors that help us feel safe

1. When out and about.

Be prepared: know how you are going to your destination.

Be aware of your surroundings.

Hide your valuables.

Safety in numbers: try to travel with people you know.

2. At home.

Feeling safe at home is vital. All families have ups and downs; you may feel able to talk to your parents/carers about how this makes you feel or you may prefer to reach out to a friend, an adult you trust at school or a support group. No one should feel unsafe or scared by what is happening in their home.

3. At school.

Our college Anti-Bullying, Safeguarding, and Behaviour policies ensure that pupils learn in a supportive, caring and safe environment. They also ensure that a good order is maintained so that pupils fulfil their full potential and stress is minimized.



During the height of the pandemic, screen time reached a high of 6 hours and 21 minutes per day:

Think before you post: Don't upload, share videos or pictures that you do not want random people to see. People often screenshot or share tweets which get saved and shared around.

Do not share personal details: Keep private things such as your address, phone number, your full name and school you go to private. Always check your social media privacy settings.

Be careful with scams or 'phishing' sites: 'Phishing' is when someone tries to trick you into telling them your password. Once these passwords fall into the wrong hands they can get into your personal details.

Knowing when to stop: Being constantly online does not provide true relaxation. Take a 5 minute break every 30 minutes. Too much blue light from the screens also affects our sleep.

<https://www.nspcc.org.uk/keepin-g-children-safe/online-safety/>



Support links



Staff Corner



Professional Development

Southwark Healthy School Partnership - includes free Mental Health courses:

<https://schools.southwark.gov.uk/professional-development/wellbeing-mental-health-pshe-and-healthy-schools>

Pupils' mental health: deepening understanding with the Safeguarding Training Centre:

https://safeguarding.thekeysupport.com/factsheets-and-briefings/pupil-mental-health-deepening-understanding/?utm_source=SFMC&utm_medium=email&utm_campaign=



“Cooking for my family makes me happy and energetic. Being in the kitchen fills me with powers I didn’t know I had as well as giving me extra patience. Here is my favourite oriental dish: sweet and sour chicken!”

**By Miss Sasiane Saku
College Mentor**

† Chaplain’s Corner †

Loving, ever-living and compassionate God,

You understand the pain of loss, the heartache of bereavement,

May we hold In our hearts all those whose families or friends have died.

You are a light that shines in the darkest times,
Guide us and heal us In our sickness and sorrow.

You comfort us in times of fear,
May we comfort each other, even as we keep apart.

You console and lead us in times of doubt and confusion,
May we follow the light of your love and spread hope.

You move our hearts to acts of generosity,
May we be led to share what we have with those In need.

God of life,

We thank you for the signs of your light in the midst of our darkness,

May we be signs of your compassion In the heart of your world.

Amen.