

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 6 - June 2021

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Welcome to our June Well-Being Newsletter!

Our Newsletter will this month focus on body image. Young people today are increasingly under pressure to conform to a certain society ideal of body shape and exterior appearance. Factors such as stress at school, body-image issues, bullying online and offline, stressful relationships and around-the-clock social media can have a significant impact on their mental health. It is important for parents to be vigilant and seek the guidance and support of professionals if necessary. Page 2 offers some helpful links of organisations which support young people and parents.



Always remember to treat yourself like you would treat your best friend!

Steps for positive body image

Appreciate all that your body can do- Celebrate all of the amazing things your body does for you—running, dancing, breathing, laughing, dreaming, etc.

Remind yourself that “true beauty” is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful.

Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.

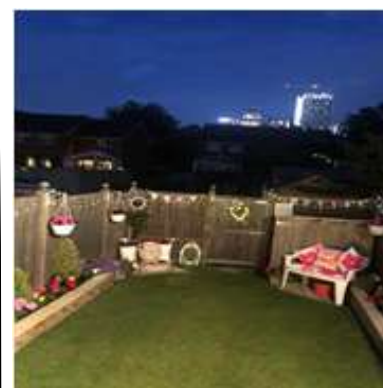
Remember that most images online, on social media and in adverts have been edited. The people in those pictures don't always look like that.

Remember that most people are so busy worrying about themselves that they don't notice you as much as you think they do.

Try and look up to people who inspire you for what they do, not for what they look like.

My love of gardening By Mrs Jean Winfield

(Finance Assistant)



This is my little piece of sanctuary and I like nothing better than to carefully tend to my plants and perfect my lawn on a nice sunny day and then in the evening to sit and admire my work.

For me, my garden is a place where I can lose myself in my thoughts. I plant and feed my flowers regularly and do the same with my lawn and it gives me so much pleasure when I can stand back and admire the fruits of my labour.

Like many, during lockdown my garden was my life saver.



Parents' Page

What can we do as parents to help our child with body image issues?



In our image-driven society it can be hard not to compare ourselves unfavourably to the “ideals” that surround us. It is hard for adults but even more so for teenagers who are at a time in their life when they are building their identity:

- Start conversations at an early age, we can help children see that the images online and in the media are often far from reality, to help lessen the impact on their self-esteem.
- Parents should try to encourage good self-esteem and body confidence in boys and girls equally.
- Keep communication open: ask your child how they are, rather than telling them that you're worried about them. Ask them questions and listen to their responses without judgement to help determine what help they may need.
- Setting a positive example: children learn a lot of their behaviour from their parents, and attitudes towards body image are no exception. Take care not to refer to your own body in a negative way or make negative comments about others.
- Most teenagers (and most people) have something they don't like about their body. But there is a difference between a slight dislike and a fixation. Here is what to watch out for in your teen:
 - Self-criticism,
 - Constant comparison to others,
 - Obsessing about their weight or body shape,
 - Changes in mood, behaviour, energy or appetite,
 - No interest in activities that used to make them happy,

- **For more information:** <https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/> & <https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/how-to-help-someone-with-eating-disorder/>

Help and Support for both young people and adults



The UK's leading charity supporting Those affected by eating disorders
<https://www.beateatingdisorders.org.uk/>



Free, confidential, 24/7 text messaging support service for anyone struggling to cope



<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/useful-contacts/> & <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/types-of-eating-disorders/>



Free online counselling support for young people

Five ways to

Wellbeing



Connect... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Be active... Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Give... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Staff Corner

Creating a mentally healthy school: Top Tips for Teachers

- **Start with your own mental health:** use the **Five Ways to Well-Being** to 'check-in' with yourself around your own wellbeing and how you're supporting yourself.
- **Ask for help:** we all experience ups and downs throughout our lives. Talk to a trusted person or get professional help if necessary.
- **In your classroom:** talk to your pupils about mental health, that it affects all of us, share the **Five Ways to Wellbeing**. Empathy involves acknowledging what the young person is feeling, attempting to understand things from their point of view and avoiding judgement. If a pupil shares their worries with you, try to empathize rather than giving advice or trying to "fix" their problem. If you have any concerns about their safety, follow the school's safeguarding policy.



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

✝ Chaplain's Corner ✝

Ephesians 2:10 -

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

This term we remember that God is the artist who created us. And His book, His word, the Bible, is full of truths reminding us exactly who we were made to be. If someone you know is struggling with self-image, share some of these verses as a reminder of how awesome they are.

