

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
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Welcome to our June Well-Being Newsletter

Useful links:

Family Information Service (help with finances, well-being, housing):

<https://cypdirectory.southwark.gov.uk/>

https://www.towerhamlets.gov.uk/ignl/education-and-learning/childcare-and-early-years_educ/family_information_service.aspx

Struggling with living costs:

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/>

<https://southwark.foodbank.org.uk/>

<https://www.localoffertowerhamlets.co.uk/pages/local-offer/covid-19/money-matters/food-assistance>

tips for cooking on a budget:

<https://savings4savvymums.co.uk/weekly-shop-just-18/>

Beat exam stress! Tips for a calmer mind

What Can Help:

- . Having a break between revisions.
- . Rewarding yourself when you have worked hard.
- . Getting some fresh air and exercise.
- . Not being too hard on yourself, It's ok to make mistakes!
- . Having a warm bath.
- . Relaxing before bedtime, e.g. bath, milky drink, etc.
- . Cutting down on sweets, coffee/tea.
- . Don't be afraid to ask for help.
- . Eating a balanced diet.
- . Talking to someone you trust if you are struggling emotionally.
- . Yoga, music, meditation/prayer.
- . Herbal teas.
- . Reading a book.
- . Get a minimum of 8 hour sleep per night (more on sleep on page 2).
- . Cutting down on time spent on your mobile phone/tablet, especially before sleep.

More tips on preparing for exams: <https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>



The importance of sleep



Sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall better mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

Poor sleep is also linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. There is a close relationship between sleep and mental health.

Teenagers (between the age of 13 to 18 years) need 8-10 hours of sleep per night. Below are some tips to help our children get a good night sleep:

- Dim the lights;
- Encourage your child to stop using their mobile phone at least an hour before bed (it can be a daily battle but there are apps for parents to reduce their child's screen time – more information on: <https://www.digitaltrends.com/mobile/best-parental-control-apps/>)
- Limit caffeine;
- Take a warm bath;
- Do a quiet family activity before bed;
- Avoid food intake too close to bed time.

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>

News



An addition to the 6th Form Magazine Library this month, with the setting up of a 'Well-Being Corner' in the 6th Form area. There is a wide range of publications on men's and women's health, hobbies, mindfulness and sports, for our 6th Formers and Staff to read.

Coming up next month!!!



St Michael's Well-Being Day with planned fun activities led by our Mental Health Ambassadors,



Activities for Well-Being



With the warm and sunny weather upon us, we are more inclined to focus on our well-being and to look outside for relaxation and discovery. Being active and spending time outdoors can improve our mental well-being, boost our mood and raise our self-confidence.

Here are some well-being themed activities and ideas to try as a family:

☀ **the National Trust** have lots of fun activity ideas for children and families throughout the summer. There is a lot to be done outdoors but also indoors on a rainy day:
www.nationaltrust.org.uk/for-families

☀ **taking the family on a bike ride**, a great way to get some fresh air, exercise and feel good. The Let's Ride Local website can give you ideas and inspiration:
www.letsridelocal.co.uk

Also:

<https://southwarkcyclists.org.uk/>

☀ **The Woodland Trust** has some great ideas and lots of printable activities around nature and animals:
<https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families/>

☀ Stay active with some of these fun family exercises:

- www.thisgirlcan.co.uk/activities/exercising-with-your-child
- <https://www.sportengland.org/jointhemovement>

☀ <https://www.healthline.com/health/parenting/keeping-your-kids-busy-when-stuck-at-home>

† Chaplain's Corner †

Heavenly Father, I am in need.

O God, I cry out for your help!

The storms in my life are unrelenting and I'm drowning. Yet, I will lift my eyes to you, for my help comes from you, the creator of heaven and earth.

Lord, save me, keep me from evil, rescue me from this battle.

For you are my keeper, my protector, my salvation.

You watch over me day and night, guide my steps, and show me the way forward.

My hope and my help are in you, O Lord, for you are faithful and true.

All this I pray through your Son Jesus Christ. Amen.