

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 18 - July 2022

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Welcome to our July Well-Being Newsletter!

Fun fact: the month of July was actually named after Julius Caesar as it was the month of his birth.

The 6 week break is around the corner. It will hopefully give us the opportunity to slow down and enjoy the things we may not have had enough time to do during the academic year.

Not everyone is financially able to get away but there is plenty to do in London to occupy ourselves. In this month newsletter, you will find activities and outing ideas to occupy young and old!

Some of us may not look forward to the 6-week break, one may fear boredom, family tensions or low mood.

It is important to reach out to someone you trust, your GP or the numerous organisations which support people's mental health at any time of the year.



What's on this month:



- ☀ **Page 2:** . Parents' Corner: tips for a fulfilling 6 week break.
- . Holidays and low mood.
- ☀ **Page 3:** Help and Guidance.
- ☀ **Page 4:** A Year of Well-Being in pictures.
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Parents' Corner



Tips for a fulfilling and happy 6 week break without spending a fortune:

It can be a nightmare to tempt our teenagers away from their screens at any time of the year. In order to ensure that their 6 week break is not spent entirely on Tik-Tok, below are some ideas to encourage our teens to enjoy a fulfilling summer:

- A gym/swim membership – a lot of gyms do special offers for teenagers. Southwark residents can use swimming and gym facilities for free in all of the council leisure centres: <https://www.southwark.gov.uk/leisure-and-sport/local-leisure-and-sport-venues/leisure-centres-indoor-sport>.
- Train for a sponsored event – a sponsored walk, run or cycle (or even a triathlon) in aid of their favourite charity. Train with a friend or as a family.
- Volunteer for a charity – if sport is not their thing then how about helping out in other ways (great for CVs and university applications)?
- Big projects – whether it is redecorating their bedroom, building a tree house, making a film or renovating an old bike, getting engaged in a project is a great way to have fun and learn new skills.
- Summer camp – they might be too old for childcare but an adventure holiday in the company of other teenagers is a great way to outsource their supervision.
- Check out these fun family activities for ideas:
 - <https://anitaclear.co.uk/fun-family-activities-for-teens/>
 - www.nationaltrust.org.uk/for-families
 - <https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families/>
 - www.thisgirlcan.co.uk/activities/exercising-with-your-child

What to do if you feel low in mood during the holiday period:

- You are not able to bury yourself in work to distract yourself from your inner turmoil.
- You don't feel as happy / fulfilled on vacation as you believe you should because of your low mood.
- The disruption in routine can cause you to spiral and let go of habits that were keeping you afloat.
- You feel more lonely and disconnected from those around you because you don't feel the same joy they do on vacation.

It is common for the holiday period to worsen one's symptoms of low mood or *depression* *. Please be mindful of this before guilt tripping yourself for not feeling "happier" or not having the energy you had hoped. Remember that it is okay not to be okay.

It takes strength to seek help but it is essential in order to start feeling better. Whether it is talking to a close friend or relative, your GP or a support organisation, opening up is the first step towards recovery, even if at the time, one feels that nothing or no one can help.

..... Continuing on page 3.....



* *Depression: most people go through periods of feeling down, but when you are depressed, you feel persistently sad for weeks or months, rather than just a few days. Depression is a real illness with real symptoms, diagnosed by a medical professional.*

Help and Guidance

Services available
all year round:

shout
85258 here for
you 24/7

Free online emotional advice for young people



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

Samaritans
Hours: Available 24 hours.



A free online counselling
support for over 25s

116 123



Bereavement Support
For Children
<https://rainbowsgb.org/>



<https://glynschool.thesharpsystem.com/video/mental-health>

Young Minds Free parenting helpline:
0808 802 5544

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What to say to someone who is feeling very low?

You might be hesitant or not knowing the right words to help someone who is emotionally suffering.: “What if I say the wrong thing” or “They might not want to talk to me?”. Reaching out to someone could help them know that someone cares and help them access the support they need.

Once someone starts to share how they are feeling it is important to listen. This could mean not offering solutions or advice.

Below are also some words you could tell them so that they feel listened to and cared for:

- *“There is no pressure to respond, I just want you to know I’m here for you whenever you feel up to talking.”*
- *“Just so you know – if you ever feel like doing something low key, I can come over and we can just watch a film.”*
- *“I wanted to reach out to remind you that you are loved... even in those darker moments when you feel unloveable.”*
- *“It’s okay to take time for yourself – you’ve got a lot going on and your mental health matters”.*
- *Just in case you feel bad for withdrawing, don’t. I know you are going through a lot.”*
- *“I am going food shopping, do you need anything?”, etc.*



A | Year of



in pictures

Well-Being is at the forefront of St Michael's life with many extra-curricular activities throughout the year, which enrich our pupils' school life, such as the After-School Sports Clubs, the Debating Club, the Music Department activities (Choir/learning to play an instrument), the Gardening Club, the Chess Club, the Eco-Committee Club, our Diversity Ambassadors, our Mental Health Ambassadors, etc. Below are some of these activities in pictures:



**Year 8 & 10 chess competition
Led by Mr Mullik.**



Our Girls' football team led by Mr Sesay, representing St Michael's in their first competitive fixture outside of School.



**2nd March 2022: The Year 8 Inter-school Rugby Festival:
Our Year 8 team won all 3 of the games!**



Our Mental Health Ambassadors' Drop-in sessions



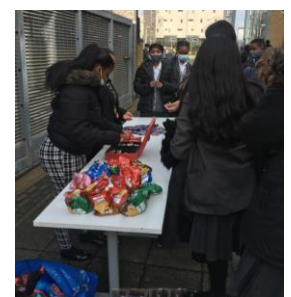
A Football House Competition



A Talent Show



Mental Health Workshops



Tuck shops

Reading Well Booklist

by Mr Bourke

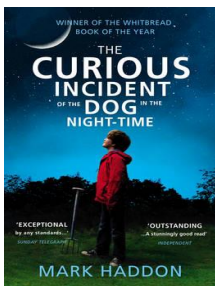
(English Teacher)



Where to find these books:

Visit your local library website to borrow any of these books. Your local library service also offers many Reading Well books as ebooks and audiobooks, free to download.

If you would like to buy a copy of any of these books, you can visit our bookshop.org page.



The Curious Incident of the Dog in the Night-time by Mark Haddon –

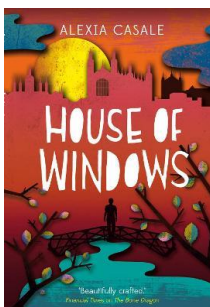
Christopher Boone is fifteen and has Asperger's Syndrome. He knows a great deal about maths and very little about human beings. He loves lists, patterns and the truth. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a journey which will turn his whole world upside down.



face
benjamin
zephaniah

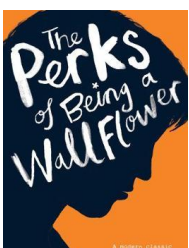
Face by Benjamin Zephaniah –

In this startling debut novel from Benjamin Zephaniah, the author tackles the moving and compelling story of a young man, Martin, whose life is completely changed when his face is badly scarred in a joyriding accident. Brilliantly written with a real ear for dialogue, this is Benjamin Zephaniah breaking new boundaries.



House of Windows by Alexia Casale –

Nick hates it when people call him a genius. Sure, he's going to Cambridge University aged 15, but he says that's just because he works hard. And, secretly, he only works hard to get some kind of attention from his workaholic father. Not that his strategy is working. When he arrives at Cambridge, he finds the work hard and socialising even harder. Extract: [Read the first chapter of House of Windows.](#)



The Perks of Being a Wallflower by Stephen Chbosky –

This haunting novel about the dilemma of passivity vs. passion has become a modern classic. Charlie's letters are singular and unique, hilarious and devastating and through Charlie, Stephen Chbosky has created a deeply affecting story that will spirit you back to those wild and poignant roller coaster days known as growing up.

✝ Chaplain's Prayer ✝

At the end of this year we ask the Lord to guide us and remind us to...

Take time to claim your strength; they are gifts of God.

Take time to have fun; it's God's way of teaching you your strengths.

Take time to grow yourself; only you can grow you.

Take time to trust yourself; God trusts you.

Take time to be self-reliant; it is better than being dependent.

Take time to share with others; they will bless you, and you will bless them.

Take time to have hope, you are a child of God.

Let's put ourselves into the hands of the Lord, and pray that God will bless us and our families during the wonderful months of summer.

May we all help make our home a place of relaxation, joy, love, peace and safety.

May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of summertime.

Lord God, Creator of all things, guide our steps and strengthen our hearts, during these months of summer and holidays.

Grant us refreshment of mind and body.

We ask this through Christ our Lord.

Amen



Thank you to all the Staff members who have contributed to our Well-Being Newsletter this academic year!



Wishing you all a peaceful and restful summer break

