

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 19 – September 2022

St Michael's Catholic College, Llewellyn Street, London, SE16 4UN
02072376432 | contact@stmichaelscollege.org.uk
www.stmichaelscollege.org.uk



Welcome back to our Well-Being Newsletter!

A new academic year is upon us after a hopefully restful break. Well-Being takes many forms: physical, emotional, economic, social, life satisfaction and personal development. Our newsletters, this academic year, will cover all aspects of well-being, giving you advice and sign-posting towards a better sense of contentment in all these areas.

Struggling with our emotions is normal. Keeping negative emotions bottled up only increases our struggle, hence the importance of taking the first step to talk about these, whether it is someone we trust, a family member, our GP or a mental health professional.

Struggling just means we are humans and there should be no stigma attached to it. Whether positive or negative emotions, we must express them in a healthy way.



Coping with the rising cost of living



The 'cost of living crisis' means that we are all paying a lot more for energy and food. Some people are cutting back on how much they spend on food, or eating less, so they can pay for heating. Many people are falling into arrears, or using credit to pay for essentials, making the problem worse.

How can I reduce the impact of this crisis on my finances?

Step 1: Calculate your net income: The foundation of an effective budget is your net income. That is your take-home pay—total wages or salary minus deductions for taxes and employer-provided programs such as retirement plans and health insurance.

Step 2: Track your spending: once you know how much money you have coming in, the next step is to figure out where it is going. Tracking and categorizing your expenses can help you determine what you are spending the most money on and where it might be easiest to save.

Step 3: Set realistic goals: your goals don't have to be set in stone, but identifying them can help motivate you to stick to your budget.

Links

<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.gov.uk/winter-fuel-payment>

Parents' Corner

The stress of a new academic year

For both parents and children, returning to school after a summer break can be a stressful time, especially if your child is starting a new school.

Here are 3 tips for making the back to school process as smooth as possible:

1. Manage Routines:

It is a good idea to create a weekday schedule at home that is similar to the school day, giving set times for daily activities.

2. Remain positive about the transition:

Although returning to school can be a stressful time, it is important to remain positive about the transition.

Show enthusiasm for your child's return to school by talking positively about their teachers and friends, encouraging them to get involved in activities, or expressing interest in the things they are learning.

3. Ask your child how they are feeling:

Finally, make sure that you check in with your children every day, and ask them how they are feeling.

For some children, returning to school can be scary especially if they are starting Year 7, or are transferring to a new school, so it is important to make your child feel safe and comfortable throughout the change.

Support your child by having open conversations with them about how they are feeling and let them know you are there for them, no matter what.

If you notice your child is particularly stressed or anxious about school, do not hesitate to speak with their Head of Year or Tutor at St Michael's.



Staff Corner

The Teacher's workload

Teachers in England work an average of 54 hours a week, while school leaders work in excess of 60, according to the DfE's own workload survey.

Tips to reduce teacher workload

1. Use an organisational app
2. Be sure to set goals
3. Get into a routine
4. If something comes in, something goes out
5. Collaborate
6. Get some expert help
7. Introduce some peer-to-peer assessment
8. Ask for some smart marking tips
9. Use the government's resources
10. Look at your intervention strategies
11. Be firm with your feedback
12. Will oral feedback suffice?
13. Plan your lessons efficiently
14. Cutdown meetings
15. Treat yourself to the odd early (or on time) finish
16. Sleep better
17. Ditch the idea of perfectionism
18. Sometimes, say no

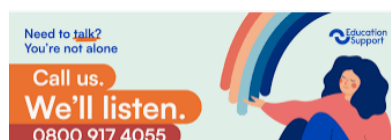
More detailed information on <https://blog.hope-education.co.uk/managing-teacher-workload-tips/>

Links

<https://www.gov.uk/government/collections/reducing-school-workload>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/838687/Tips_for_school_leaders.pdf

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





A summary of organisations which offer support in time of crisis (mild or severe):



You are not alone.

Thousands of parents contact us every year and get the help they need.

T: 0808 802 5544
E: parents@youngminds.org.uk
W: youngminds.org.uk/parents



Free parenting helpline:
0808 802 5544



**Free online
Emotional
support
for young people**



**Qwell: a free online counselling
support for over 25s**



Staff Corner ...Cont'D

- [The Body Coach app](#): free access for teachers in the UK / [The Body Coach](#) – Free access for Teachers for 3 months.
- City Lit are putting on events in October for their Mental Wealth Festival:
<https://www.citylit.ac.uk/events/mental-wealth-festival/programme>
- Online Mindfulness Course for Teachers for this academic year which you can access via this link: <http://www.pearsonactivelearn.com>.

✝ Chaplain's Corner ✝

Heavenly Father, when I struggle with everything going on, help me to remember that most of everything is temporary. Help me to focus on the eternal things. Be with me and fill me with faith, hope and love. Give me the chance to share the best person I am with everyone I see today.

Amen.

