

Our Well-Being Newsletter

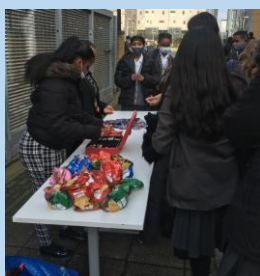
Newsletter for pupils, parents & staff
Issue 20 – October 2022

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

St Michael's Mental Health Awareness Week 10th to 14th October 2022



for



Monday 10th October was **World Mental Health Day**. It kicked off St Michael's Mental Health Awareness Week.

Staff and pupils wore yellow on the Monday to raise money for Young Minds and Da Costa House organised fund-raising events throughout the week, such as a Pinata, a tuck shop, a speed stack competition and much more. All proceeds are going to Young Mind, the Mental Health Charity supporting young people and their families.

Our Mental Health Ambassadors also did a fantastic job, delivering all the assemblies that week, highlighting the importance of positive mental health and explaining how we can go about getting the support we need when we are emotionally struggling.



Parents' Corner



Teenagers and their social well-being

Adolescence is a period of life characterised by heightened sensitivity to social stimuli and the increased need for peer interaction. Adolescence is a time of profound psychological and social transformation.

Strong and loving relationships can have a direct and positive influence on teenage mental health. Adolescents spend more time with peers than with their family. How can we keep the line of communication opened with our teen?

1. Know all the W's

Who they are with, where they are going, when they are expected home, and what they will be doing while out of your sight.

2. Talk about sex

Is it awkward? Yes. Is it necessary? Absolutely. Talk to your teen about the basics of sex, how your moral and religious values should guide their attitudes and actions where sex is concerned, and what appropriate boundaries are necessary to prevent a serious mistake. Be specific – you will never regret saying too much.

3. Talk about drugs

Your conversation when these risks are concerned should go beyond “Just don’t do it.” Be specific in your explanations of the risks that come with drugs and alcohol, be clear about your expectations, and offer your child strategies for getting out of a situation where other teens are using.

4. Keep an eye on their online life

Monitor and filter their access to the internet. In addition, keep regular tabs on their text messaging – a teen with nothing to hide won’t mind, and if they do do it anyway.

5. Do family dinners

Families who gather around the dinner table (without their mobile phone in hand) have better communication and better relationships.

6. Find things you like to do together

The best way to keep the lines of communication open with your teen is to spend time with them. It is in those everyday moments that they will open up and tell you what they need help with, giving you an opportunity to guide them.

7. Really listen

When your teen talks to you, even if it seems to be about nothing of great importance, put aside what you are doing and really listen. The clues to what they really need are often hidden just under the surface of what they are saying.

Useful links:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/>

<https://www.internetmatters.org/advice/14plus/>

<https://www.nspcc.org.uk/keeping-children-safe/>






Movember Is around the corner!




Movember fundraisers are a global community of fired up Mo Bros and Mo Sisters making a difference in mental health, suicide prevention, prostate cancer and testicular cancer. Mr Tom Parker, PE Teacher and Head of Year 9, is part of this community, gearing up again this year, to grow his moustache all through November for this great cause.

Your donation could help save a father, a brother, a son, a friend, a partner, a man's life.


https://docs.google.com/presentation/d/12ZTzRDfpgbKoh6PQ_1YH3ZEtlWIX7fTmOcCLt4js_r4/edit?usp=sharing



2020



2021



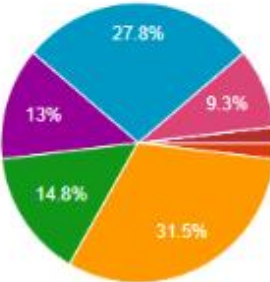
MOVEMBER

Movember is a charity dedicated to helping people with mental health difficulties. They try to raise awareness and provide support for those struggling. As with previous years I hope to do a tiny bit to help this by growing the Mo you chose to keep improving awareness.

REMEMBER IF YOU ARE STRUGGLING IT IS OFTEN A BRILLIANT FIRST STEP TO TALK TO SOMEONE!


[To Donate Please Click Here](#)

Results so far:



2022

My door is always open for a chat. Mr Parker



- Ron Burgundy
- Eddie Murphy
- Hulk Hogan
- Captain Jack Sparrow
- Tony Stark (Ironman)
- Hugh Jackman
- Dwayne Johnson
- Terry Crews
- Freddie Mercury

Currently 1st

[To vote please click here](#)

Link to donate:

https://uk.movember.com/mospace/3102857?utm_medium=app&utm_source=ios&utm_campaign=share-mospace

THANK YOU!

✝ Chaplain's Corner ✝

Loving God,
be with all who struggle with their mental health,
and all who support them.
Give each of us faith to see beyond the troubles of this time,
hope to face this day and every day,
and a true sense of your love for all your people,
revealed in Jesus Christ our Lord.
Amen



Help and Guidance

**Services available
all year round:**



**Bereavement Support
for Children**
<https://rainbowsgb.org/>



**Free text message support
service for young people**



**Free online emotional
advice for young people**



Samaritans
Hours: Available 24 hours.

116 123



**A free online counselling
support for over 25s**



The UK's Eating Disorder Charity



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



