

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 21 – November 2022

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## Welcome to our November Well-Being Newsletter!

The month of November can feel gloomy, long and cold. However, there are many things to appreciate during the autumn season, such as the beautiful changing colours of leaves. It is known that cooler weather boosts our brain. It also reduces allergy symptoms and inflammation. Autumn is also the start of the cosy night in season, snuggling up on the sofa watching films with a warm drink.

Resilience is directly related to well-being. With regard to mental health, resilience is a protective factor against psychological distress in adverse situations involving loss or trauma. Resilience can help in the management of stress levels and depressive symptoms. There are a number of actions you can take to improve your resilience as you will read in this newsletter.

Children's emotional well-being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

## Better resilience

Life experiences can affect our resilience. Resilience is the ability to “bounce back” from adversity.

How to improve our resilience and mental strength:

- Take care of yourself: acknowledge your feelings and practice being self-compassionate;
- Get connected: building strong, positive relationships with loved ones and friends can provide you with needed support, guidance and acceptance in good and bad times.
- Learn from experience and take small steps towards what you want to avoid in the future.
- Assess your challenge.
- Externalize how you feel in a positive way. Ask for help if you are struggling: a person you trust or a mental health professional.
- Work on mindfulness, i.e. live in the moment, relax and let go.
- Maintain a healthy lifestyle.
- Set manageable goals.
- Learn to say no.
- Try something new.





# Staff Corner



## Why I love running and the London Marathon

by Ms Caralea Weatherley

Head of Year 7 and PE Teacher



“Running has long been a passion of mine. Being quite a competitive person, running has always been something I can be in control of and I can do when it suits me. I love running to win races or beat my personal best time. I have run since the age of 11, and had competed in 7 mini marathons by the time I was 17. I was desperate to run the London marathon from the age of 11 and had to wait patiently for 7 years to be old enough to apply. Growing up in London and living along the marathon route, I used to watch the London marathon every year, longing to participate. As soon as I was 18 (and old enough to participate) I applied but I didn't get to run it until a few years later, when I finally got a place to compete.

Since then I have run 4 London marathons, which is 26.2 miles from Greenwich to The Mall at Buckingham Palace.

I most recently ran the TCS Virtual London Marathon this year on October 2nd.

Although I didn't always feel motivated to go out and train for it, when I do go for a run, I always feel such a sense of accomplishment. When I get home I like to treat myself to some well-earned chocolates and sweets knowing I don't have to count the calories. In fact, it was the effect of Covid 19 that motivated me to run the marathon this year, knowing how little I had been active throughout lockdown and after, the marathon was my new motivation to get back on track and get physically fit again.

Running along the roadside gives me a sense of progress in my life, I usually set out to run a certain distance on training days and nearly always end up running a kilometre or 2 more than I meant to. Usually because once I get going and past the first 2 mile marker, I often start to feel really strong and fit, like I can run for hours. However, eventually, my legs do get tired (as I am not super human) and when I finish I walk home with a sense of pride.

Whilst running the virtual marathon this year, I did find it tough. I set off a quite fast pace, and managed to run the first 13 miles in good time. Between miles 13 and 18, time went so quick that I could not believe that I was nearing the finish line. But the last 5/6 miles were tough, I really had to push through, my pace started to slow and the finish line seem so far away again. My legs felt like jelly and I started to question whether I could finish it or not. But I did and I felt immensely proud. When I finally finished and stopped, my legs tried to carry on running like they didn't belong to me. Once again, I walked home and reflected on my race strategy, I obviously had to stop in a shop to buy myself 'all' snacks I could carry to replenish the energy I had burned. That is always my favourite part of any run.... Eating at the end😊.

The positive thing about running is that it is free, you can run just about anywhere, you can run alone and take time to think deep into your thoughts or run with friends and have a good old chat”.

## How to support your child's mental health



- **Be there to listen:** regularly ask how they are doing so that they get used to talking about their feelings and know that there is always someone to listen if they want it.
- **Stay involved in their life:** show an interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.
- **Take what they say seriously:** listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.
- **Encourage their interests:** being active or creative, learning new things and being a part of a team, help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.
- **Build positive routines:** try to reintroduce structure around regular routines, healthy eating and exercise.

### Useful links:

<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>  
<https://thesleepcharity.org.uk/information-support/children/relaxation-tips/>  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



## † Chaplain's Corner †

*Dear Lord, I am so grateful for everything that you have given me. Thank you so much for the loved ones in my life, For the many ways in which I am cared for and supported. Thank you for the many ways I can serve and give to others. Thank you for the rich tapestry of colours in creation, For the beauty which is all around me, For the skies and the ever-changing cloud formations, For the breathtaking sunsets and early morning mists. My heart is so grateful and brimming with thanks. I could write a thousand books about your great goodness, And still have many stories to tell. I thank you from the bottom of my heart. I thank you with everything I am. All my being cries thank you Lord!*



# 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**



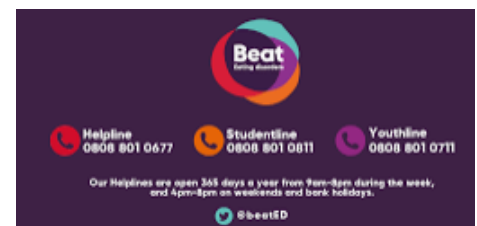
**Parents' helpline: 0808 802 5544**



**Free advice and support**



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



**The UK's Eating Disorder Charity**

**Samaritans**  
Hours: Available 24 hours.

**116 123**



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

