

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 22 – December 2022

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Welcome to our December Well-Being Newsletter!

Not long to go now before many of us get to spread some good tidings and joy celebrating Christmas. December is usually an exciting month for young and old. It is considered a time of joy, laughter, love and giving.

While many of us use the festive season to spend time celebrating and having fun with family and friends, eating a lot of food and exchanging gifts, Christmas can be an exceptionally lonely and challenging time for many people: the homeless, the elderly but also people struggling financially, people with health challenges, people who are bereaved, etc. This time of year can also become a time to think about giving a helping hand to individuals who are less fortunate than us. A simple action can make a difference to someone's life.

If you are struggling, whether financially and/or emotionally, there are organisations which offer support: please refer to column 3 of this page and page 3 of this newsletter.



Cost of living: money-saving tips for Christmas

With constantly rising prices, buying presents can be a challenge. A lot of families find themselves having to make sacrifices or difficult decisions at this time of year. The monetary value of gifts might be less but this could be a good opportunity to remind our children about what really matters. There are ways to prepare for the festive season to plan a cheaper Christmas:

- . spreading the cost: buying one present for one family member instead of everyone (one can hold a secret Santa whereby you draw one person each, out of the hat);
- . putting cash away each month throughout the year;
- . sharing the food purchases with family;
- . taking advantage of offers when buying gifts. Some charity shops offer brand new items for sale;
- . offer a useful gift;
- . use leftovers wisely;
- . always look for cheaper alternatives, coupons and discounts online.

Cost of living crisis - Useful 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>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>



A charitable Christmas

The festive season is a great time to help others and give something back. It can also be a great teaching moment to involve our children when one decides to reach out to others in need.

More people in the community are likely to rely on charitable support - including food banks, mental health and disability support and organisations offering financial guidance. However, in tough financial times, even small gifts can collectively make a big difference to the lives of others. There are still plenty of ways we can give to the causes close to our heart, whatever our budget.

Giving out some of our time to volunteer at a food bank, visiting a person who feels lonely or volunteering for a helpline are all ways we can offer a charitable hand this Christmas, and possibly beyond!

For more information on charities recruiting volunteers:

<https://www.crisis.org.uk/get-involved/volunteer/>

<https://www.culturecalling.com/london/food-and-drink/features/how-to-volunteer-in-london-this-christmas>

<https://www.timeout.com/london/things-to-do/where-to-volunteer-in-london-this-christmas>

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THE WAY YOU
SPEND CHRISTMAS
IS FAR MORE
IMPORTANT THAN
HOW MUCH

HENRY DAVID THOREAU

Chaplain's Corner



Dear Lord,

Thank you for this Advent journey.

*The anticipation has filled my life and made me
long for a closer relationship with you.*

*My life gets so busy that I forget to focus. Thank
you for guidance. Thank you for the quiet moments
when I have felt your love. Nothing will be
impossible with God.*

Amen

Managing children and young people's grief at Christmas

It can be much easier for children and young people if the significant adults in their lives talk to them about Christmas and acknowledge that this might be a difficult time of year for them. Christmas can trigger some really powerful feelings for everyone – anger and jealousy towards those who haven't lost someone or sadness and loss because that special person has died. Children may want to talk about this or they might show you through their behaviour – maybe becoming more withdrawn or short tempered. By listening to your child, you are telling them that their feelings are natural and that they are not alone:

- . talk together as a family about how you feel and what you want to do.
- . make plans for Christmas that take into account everyone's wishes where practical.
- . take time to remember your loved one.
- . let your children know that it is still ok to laugh and have fun this Christmas.

Bereavement support for Children:

<https://rainbowsgb.org/>

<https://www.childbereavementuk.org/managing-christmas>



Help and Guidance

**Services available
all year round:**



Bereavement Support
for Children



Free text message support
service for young people



Free online emotional
advice for young people



Free advice and support



Free online counselling support
For over 25s



Bereavement Support for children
<https://rainbowsgb.org/>



Wishing you all a Merry Christmas and a Happy and Healthy New Year!