

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 7 – July 2021

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



Welcome to our July Well-Being Newsletter!

We are approaching the end of what has been another challenging academic year in terms of dealing with the pandemic, with its often devastating effects for young and old alike: loss of a loved one, loss of one's job, a rise in domestic violence incidents, loneliness, poverty. However, this period has also enabled us to create new ways to lead our daily lives by discovering new hobbies, new ways of communicating with people but also reminding ourselves that we have been able to still do a lot of things that the pandemic didn't cancel. We have become more aware of the importance of good mental health, such as being kind to ourselves and others, strengthening our relationships, our faith and also counting our blessings. The 6 week break is around the corner. We must ensure, as much as we can, to keep doing things that bring us joy, calm and fulfilment, all in a healthy way.



A long break gives us the opportunity to “switch off” from school or work, to slow down, to do the things we enjoy fully and to give ourselves less pressure. However, to some, it can also bring its share of emotions too, such as: feeling bored, lonely, unmotivated, sad.

Please refer to the Parents' / Carers' section on the next page to learn some tips on how to spend a fulfilling 6 week break with your child.

Always remember that physical and mental health are both equally important. Like physical health, our emotional health fluctuates and we have good and bad days. It is important to appreciate the good days by making the most of them and practice gratefulness but also to always talk to someone when we are going through a difficult time: a family member, a friend, an adult we trust, a professional. It is not a sign of weakness to struggle, it just means we are humans.

Having good mental health is achieved by expressing our positive and negative emotions in a healthy way.

How to be emotionally aware

Mental health is the overall wellness of how we think, regulate feelings and behave.

It becomes a mental health disorder when the way we think and feel affect our daily life. We may not enjoy the same activities that brought us joy before, staying in bed might seem a better option than facing the world, we may experience severe anxiety, severe low mood that does not go away after a few weeks or scary negative thoughts.

When our emotional health affects our life negatively, it is best to seek help. If reaching out to someone you trust is not enough, page 3 sign posts you to organisations which offer support in time of crisis.

"Healing takes time, and asking for help is a courageous step."

Parents' Corner

Tips for a fulfilling and happy 6 week break

It can be a real challenge to get teenagers off the couch and off their phone. Here are a few tips to encourage your child to find contentment in screen-free activities this summer:

- . **Encourage your child to try new things.** For example, if your child is interested in playing a new sport, you could offer to take them along to a local club. Trying new things and getting involved in different activities, keep your child's options opened, and can build your child's confidence and sense of self-worth.

- . **Clear and fair rules help teenagers feel safe** when a lot of things in their lives are changing. If you involve your child in making the rules, they'll be more likely to stick to them. It is about giving them a bit more freedom while keeping a close eye on their activities so that they can develop independently in a safe way.

- . **Helping your child aim for at least 60 minutes of physical activity each day** boosts their physical and mental health.

- . **Make memories together.**

- . **Allow your child not to be perfect. We learn from our mistakes.**

- . **Allow your child to be bored.** When we are bored, our mind relaxes and we are more inclined to ponder. It can spark individual productivity and creativity.

And remember that teenagers are still children. Although they often want to 'break free' from their parents'/carers' control, they still find reassurance and grounding by being given clear guidance and limits.

Staff Corner

5 Ways to Well-Being

- . **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

- . **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

- . **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

- . **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

- . **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Download The Anna Freud practical guidance about school staff wellbeing:

<https://www.annafreud.org/media/11451/3rdanna-freud-booklet-staff-wellbeing-new-address-april-2020.pdf>



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





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

AnxietyUK
03444 775 774
www.anxietyuk.org.uk

SAMARITANS
116 123
www.samaritans.org.uk

PAPYRUS
0800 068 41 41
papyrus-uk.org

bipolarUK
www.bipolaruk.org.uk

shout 85258
here for you 24/7
Text SHOUT to 85258 (24/7)
giveusashout.org

Refuge
0808 200 0247 (24 hours)
refuge.org.uk

mind
0300 123 3393
www.mind.org.uk

YOUNGminds
fighting for young people's mental health
0808 802 5544
youngminds.org.uk

OCDUK
0333 212 7890
www.ocduk.org

CAMPAIGN AGAINST LIVING MISERABLY CALM
0800 58 58 58
www.thecalzone.net

Beat
0800 58 58 58
www.b-eat.co.uk



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

YOUNGminds

Free parenting helpline:
0808 802 5544



Free online Emotional support for young people



Qwell: a free online counselling support for over 25s



<https://www.nspcc.org.uk/keepin-g-children-safe/online-safety/>

Mental Health Checklist

DURING TIMES OF UNCERTAINTY

- ☒ I GOT OUT OF BED AND TOOK A DEEP BREATH IN AND OUT
- ☒ I DID SOMETHING TO SUPPORT MY BODY (SLEEP, EAT, EXERCISE)
- ☒ I TOOK BREAKS WHEN I NEEDED THEM TO DO SOMETHING I ENJOY
- ☒ I PRACTICED SELF-COMPASSION AND GAVE MYSELF GRACE
- ☒ I SHIFTED MY THOUGHTS TO WHAT I CAN CONTROL AND CAN DO VERSUS WHAT I CAN'T
- ☒ I CONNECTED WITH SOMEONE
- ☒ I ACKNOWLEDGED SMALL WINS OR GRATITUDES
- ☒ I ASKED FOR HELP WHEN I NEEDED IT
- ☒ I TOOK THINGS ONE MOMENT AND DAY AT A TIME

Chaplain's Corner





For taking the time to read our Well-Being Newsletters this academic year. We hope that you found them enjoyable and useful.

Thank you also to Staff who have kindly contributed by sharing the activities that bring them joy. Thank you also to Ms Hagan, our Chaplain, for her monthly prayers.

Have a peaceful and safe summer break.



With every sunrise we have the opportunity to make the choice to be a better version of ourselves!