

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 3 – March 2021

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## Welcome to our March Well-Being Newsletter!

Spring is at our doorstep and the end of this lockdown is in sight!

In this edition, we will be discussing safety which is fundamental to our well-being. Feeling safe means we do not anticipate harm, whether physically or emotionally, i.e. at home, at school/work, when we are out and about and online.

On page 2, you will find links to organisations which offer support for people (children and adults) who are in a vulnerable position, physically and/or emotionally.



## Factors that help us feel safe

### 1. When out and about.

**Be prepared:** know how you are going to your destination.

**Be aware of your surroundings.**

**Hide your valuables.**

**Safety in numbers:** try to travel with people you know.

### 2. At home.

Feeling safe at home is vital. All families have ups and downs; you may feel able to talk to your parents/carers about how this makes you feel or you may prefer to reach out to a friend, an adult you trust at school or a support group. No one should feel unsafe or scared by what is happening in their home.

### 3. At school.

Our college Anti-Bullying, Safeguarding, and Behaviour policies ensure that pupils learn in a supportive, caring and safe environment. They also ensure that a good order is maintained so that pupils fulfil their full potential and stress is minimized.



During the height of the pandemic, screen time reached a high of 6 hours and 21 minutes per day:

**Think before you post:** Don't upload, share videos or pictures that you do not want random people to see. People often screenshot or share tweets which get saved and shared around.

**Do not share personal details:** Keep private things such as your address, phone number, your full name and school you go to private. Always check your social media privacy settings.

**Be careful with scams or 'phishing' sites:** 'Phishing' is when someone tries to trick you into telling them your password. Once these passwords fall into the wrong hands they can get into your personal details.

**Knowing when to stop:** Being constantly online does not provide true relaxation. Take a 5 minute break every 30 minutes. Too much blue light from the screens also affects our sleep.

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



## Support links



## Staff Corner



### Professional Development

**Southwark Healthy School Partnership - includes free Mental Health courses:**

<https://schools.southwark.gov.uk/professional-development/wellbeing-mental-health-pshe-and-healthy-schools>

**Pupils' mental health: deepening understanding with the Safeguarding Training Centre:**

[https://safeguarding.thekeysupport.com/factsheets-and-briefings/pupil-mental-health-deepening-understanding/?utm\\_source=SFMC&utm\\_medium=email&utm\\_campaign=](https://safeguarding.thekeysupport.com/factsheets-and-briefings/pupil-mental-health-deepening-understanding/?utm_source=SFMC&utm_medium=email&utm_campaign=)



**"Cooking for my family makes me happy and energetic. Being in the kitchen fills me with powers I didn't know I had as well as giving me extra patience. Here is my favourite oriental dish: sweet and sour chicken!"**

**By Miss Sasiane Saku  
College Mentor**



## Chaplain's Corner



**Loving, ever-living and compassionate God,**

**You understand the pain of loss, the heartache of bereavement,**

**May we hold in our hearts all those whose families or friends have died.**

**You are a light that shines in the darkest times,  
Guide us and heal us in our sickness and sorrow.**

**You comfort us in times of fear,  
May we comfort each other, even as we keep apart.**

**You console and lead us in times of doubt and confusion,  
May we follow the light of your love and spread hope.**

**You move our hearts to acts of generosity,  
May we be led to share what we have with those in need.**

**God of life,**

**We thank you for the signs of your light in the midst of our darkness,**

**May we be signs of your compassion in the heart of your world.**

**Amen.**