

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 28 – July 2023

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## Welcome to our July Well-Being Newsletter!

July, the month of ice-cream and picnics. The month during which a lot of us start the 6-week break. Well-being means different things to different people. The key is to find what makes us happy, in peace and gives us life satisfaction. The 6-week break can be a time when you can finally get the opportunity to slow down and enjoy the things you may not have had enough time to do during the academic year, but also try new hobbies and discover new horizons.

Some of us may not look forward to the 6-week break, one may fear boredom, loneliness, family tensions or low mood.

It is important to reach out to someone you trust, your GP or the numerous organisations which support people's mental health at any time of the year (please refer to page 3 for a list of these organisations).



## What's on this month:



- ☀ **Page 2:** **Parents' Corner: tips for a fulfilling 6 week break and things to do in London.**
- ☀ **Page 3:** **. Help and Guidance.  
. St Michael's staff doing Race for Life.**
- ☀ **Page 4:** **A Year of well-being in pictures.**
- ☀ **Page 5:** **Mr Bourke's and Ms El-Janbey's recommended summer reading.**
- ☀ **Page 6:** **Our Chaplain's Prayer.**



## Parents' Corner

### Tips for a fulfilling and happy 6 week break without spending a fortune:

It can be a nightmare to tempt our teenagers away from their screens at any time of the year. In order to ensure that their 6-week break is not spent entirely on social media, below are some ideas to encourage our teens to enjoy a fulfilling summer:

- A gym/swim membership –a lot of gyms do special offers for teenagers. Southwark residents can use swimming and gym facilities for free in all of the council leisure centres:  
<https://www.southwark.gov.uk/leisure-and-sport/local-leisure-and-sport-venues/leisure-centres-indoor-sport>.

Check out these fun family activities for ideas:

- <https://anitacleare.co.uk/fun-family-activities-for-teens/>
  - [www.nationaltrust.org.uk/for-families](http://www.nationaltrust.org.uk/for-families)
- <https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families/>
  - [www.thisgirlcan.co.uk/activities/exercising-with-your-child](http://www.thisgirlcan.co.uk/activities/exercising-with-your-child)



## More free summer activities for young people in London:

### Southwark's food and fun holiday programme 2023:

<https://www.southwark.gov.uk/health-and-wellbeing/health-advice-and-support/healthy-eating?chapter=8>

### London Borough of Lambeth:

<https://www.lambeth.gov.uk/summer-activities-around-lambeth/summer-food-fun>

### London Borough of Tower Hamlet:

[https://www.towerhamlets.gov.uk/News\\_events/Events/Summer\\_events.aspx](https://www.towerhamlets.gov.uk/News_events/Events/Summer_events.aspx)



# Help and Guidance

Services available  
all year round:

**shout**  
85258 here for  
you 24/7

Free online emotional advice for young people



**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE

Samaritans  
Hours: Available 24 hours.



A free online counselling  
support for over 25s

116 123



Bereavement Support  
For Children  
<https://rainbowsgb.org/>



<https://glynschool.thesharpsystem.com/video/mental-health>

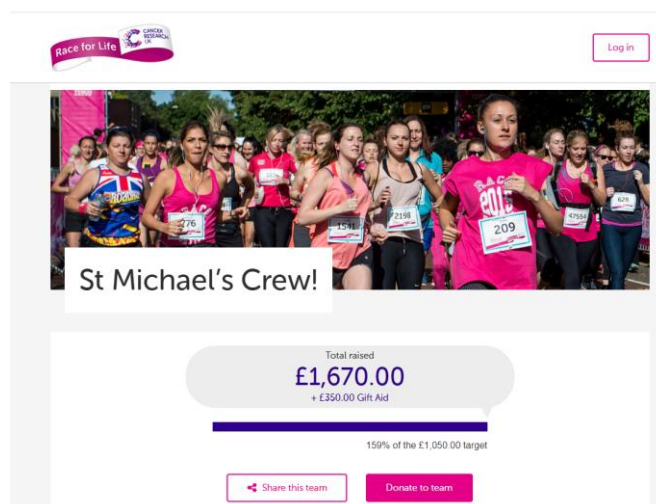
Young Minds Free parenting helpline:  
0808 802 5544

## Staff Corner

They did it!

On Sunday 25th June, members of the St Michel's community took part in the Race for life on the hottest day of the year. Everyone completed the 5K course at Blackheath and did so in style. There was support from family, friends and other staff, and it was a great day all in all. We raised £1670 in total for Cancer research and are so thankful to everyone that sponsored us!\*

**BIG THANKS and Congratulations!**



\*Cancer Research UK: "whether you fundraise, pledge to leave a gift in your will or donate. Every part supports life-saving research. Play your part and together we will beat cancer. Cancer Research UK is the world's largest charity dedicated to saving lives through research."



# A | Year of



## in pictures

**Well-Being is at the forefront of St Michael's life with many extra-curricular activities throughout the year, which enrich our pupils' school life, such as the Lunch time and After-School Sports Clubs, the Music Department activities (Choir/learning to play an instrument), the Gardening Club, The Chess Club, the Eco-Committee Club, our Diversity Ambassadors, our Mental Health Ambassadors, etc. Below are some of these activities in pictures:**

### **Our Mental Health Ambassadors:**

**Fund-raising for Young Minds**



**Assemblies**



**Anti-Bullying video**



**Our 6<sup>th</sup> Form football team who made it all the way to the final of the Inner London Cup**



### **St Michael's Showcase Evening:**



### **The Chess Club (Staff v/s Pupils)**



# Reading Well Booklist

## by Mr Bourke and Ms El-Janbey

(English Teachers)

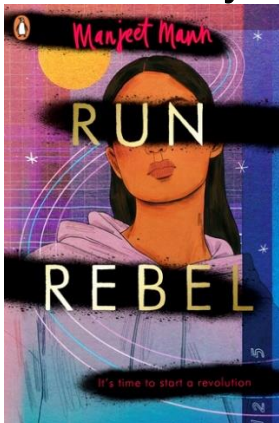


### Where to find this book:

*Visit your local library website to borrow any books. Your local library service also offers many Reading Well books as ebooks and audiobooks, free to download.*

*If you would like to buy a copy of this book, you can also visit our [bookshop.org](https://www.bookshop.org) page.*

### Run Rebel by Manjeet Mann:



#### Praise for *Run, Rebel* - a Guardian best book of 2020:

*A tightly crafted series of punchy, often heartbreaking narrative poems . . . Mann's brilliant, coruscating verse novel lays out the anatomy of Amber's revolution, and the tentative first flowerings of hope and change.*

A compelling and emotive verse novel about a young girl defining her place in the world which sensitively explores themes of bullying and domestic abuse . . . a powerful read. - *The Scotsman*

A tightly crafted series of punchy, often heartbreaking narrative poems - *Guardian*

Heart-breaking, inspiring, exquisite - *Liz Hyder author of Bearmouth (Winner of the Waterstones Children's Book Prize).*

WINNER OF THE SHADOWER'S CHOICE AWARD, FROM THE CARNEGIE MEDAL 2021

WINNER OF THE UKLA BOOK AWARDS 2021

WINNER OF THE DIVERSE BOOKS AWARD

SHORTLISTED FOR THE BRANFORD BOASE AWARD 2021

WINNER OF THE SHEFFIELD CHILDREN'S BOOK AWARD 2021



## † Chaplain's Prayer †

**Dear God, we ask for Your aid in illuminating our paths through the summer break.**

**In Jesus' name, we pray and ask that You help our minds renew with Your spirit and that Your thoughts and ideas will guide us.**

**Guide our young people be enriched by the opportunities presented to them and help them showcase their RUAH values in all that they do.**

**Aid us to remember to walk by faith as we journey through this life.**

**Help us all to remember that we are all students of the Lord and our lessons to learn are never ending.**

**Amen.**



A special thank you to all the college Mental Health Ambassadors for their hard work supporting their peers throughout the year, and raising the profile of mental health. Big thank you also to Ms Casey, our College Chaplain, for all the prayers throughout this academic year as well as Mr Bourke and Ms El-Janbey's recommendation for a good summer book.



*Wishing you all a peaceful and  
restful summer break*

