

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 31 – November 2023

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Welcome to our November Well-Being Newsletter!

The change in seasons can be a difficult time for many people. Darker nights and a drop in temperature can affect how we feel. Page 2 gives you some simple ways you can look after your mental health during the winter months. Winter also has a financial effect on many families. Please check out the sign-posting column on this page.

November marked National Anti-Bullying Week with the theme of "Making a Noise about Bullying". St Michael's Mental Health Ambassadors, from Year 7 to Year 12, worked hard at raising awareness about bullying. They fund-raised, made a video, organised a poem competition and delivered inspiring assemblies. A big thank you to all of them!

Winter can be a time for extending a charitable hand to those who are struggling financially, physically or emotionally. There are a lot of charities one can donate to or one can decide to give out some of their free time to volunteer or simply be a kind presence for someone. If you are emotionally struggling, a lot of organisations offer their support, whatever age you are, including during the upcoming Christmas holiday (please refer to page 6).

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

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

BBC Food Family's £1 recipe meal plan:

https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D

Taking care of your mental health during the winter months



Some people are more vulnerable than others during winter. 41% of people in the UK find the winter to have a negative impact on their mental health. Looking after our mental health helps us be more resilient to deal with the challenges in these difficult times:

- 1. **Reframe your thoughts:** Sometimes we might develop patterns of thoughts that are unhelpful. This affects the way we feel and can lead to unhelpful actions. It is possible, however, to recognise, challenge and replace our unhelpful thoughts. Learning how to do this can really help to improve our mental health and well-being.
- 2. **Be mindful:** Sometimes we can get caught up in worrying about the future or things we cannot control. Take some time to sit quietly and think about how you feel right now. Realise that you cannot control everything.
- 3. **Sleep:** It is important to get enough sleep. There are lots of things that can help us to develop a healthy sleeping routine. These include; keeping regular sleep hours, creating a calm environment, moving a bit more.
- 4. **Be aware of your limits with constant negative news:** There is a lot going on at moment; a cost of living crisis, war in The Ukraine, in the Middle East and a climate emergency. Think about how much information and news you take in and be aware of how it can affect you. Constantly scrolling through negative news stories can have a significant impact on our mental health. It may be a good idea to mute or turn off news notifications on your smartphone, or limit your news intake.
- 5. **Connect with others:** Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help to improve our mental well-being.
- 6. **Live a healthy life:** Our mental health goes hand in hand with our physical health and there are small changes we can make to take care of both. Being active, enjoying the outdoors and having a healthy, balanced diet can all help to boost mental wellbeing.
- 7. **Do something for yourself:** This might be your favourite hobby, learning something new or simply taking time to relax. Allowing ourselves to figure out what hobbies or activities make us happy can help to boost our mood, lower stress, and build confidence.

✝ Chaplain's Corner ✝

Loving God,

Jesus calls all of us his friends. He showed us how to live as friends by laying down his life for us. Help us to live his command to love one another, by putting aside unkind words, by never saying or doing anything that would hurt anyone else; by being an example of friendship and welcome everyone, especially those who feel left out. Let us live in the love of Jesus as friends.

Amen



St Michael's Anti-Bullying Week



“Make a noise about bullying”

A fantastic Anti-Bullying Week took place at St Michael's this month. Well done to our Mental Health Ambassadors, from Year 7 to Year 12, who worked really hard to prepare a whole range of activities: making a video to raise awareness on bullying, organising fund-raising activities (tuck-shops, selling wrist bands and badges) and delivering year group assemblies. Year 7s also took part in a poetry competition.



Selling wrist bands and badges



Anti-Bullying Week display
With Year 7 poems



Year 7 Anti-Bullying assembly



6th Form Anti-Bullying
Assembly



KS4 Tuck-Shop



Filming the Year 9 Anti-Bullying Video

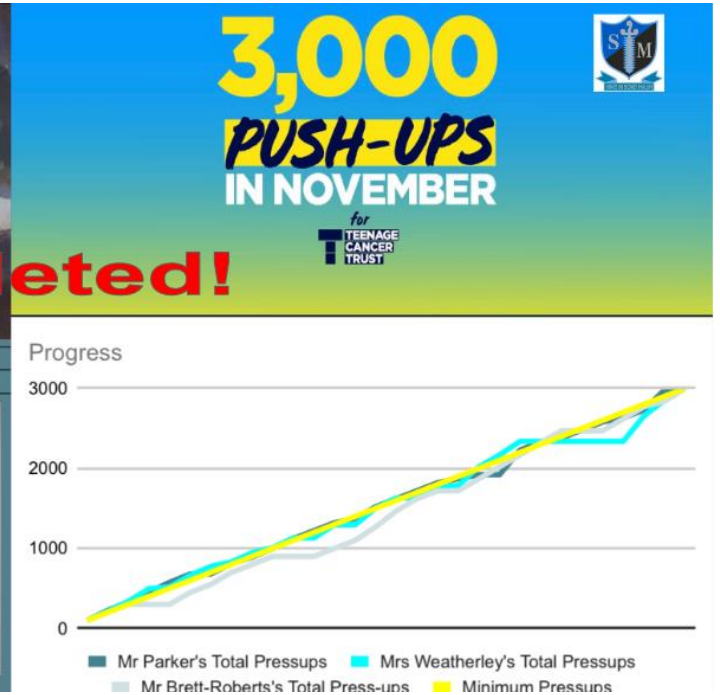


Bullying can happen at any age and at any place. If it happens to you as a pupil, remember to:

- Tell someone you trust (a family member, a friend or a member of staff at St Michael's).
- Keep a record of what is happening, for example if bullied online, take a screenshot.
 - Surround yourself with people that make you feel good.
 - Don't blame yourself, it is NOT your fault.
 - Be proud of who you are.



Mr Parker, Mr Brett-Roberts and Mr Clarke
have been growing their mo for
Movember and the Teenage Cancer Trust



By donating on Mr Parker's page, you will be making a difference in men's mental health and suicide prevention, prostate cancer and testicular cancer. You will also make a huge difference to the Teenage Cancer Trust which exists to improve the cancer experience of young people aged 13-24.

There is still time to donate! Please click on the links below:

→ [For the UK Movember:](#)

https://uk.movember.com/mospace/3102857?utm_medium=app&utm_source=ios&utm_campaign=share-mospace

→ [For the Teenage Cancer Trust:](#)

https://www.justgiving.com/fundraising/tom-parker-press-up?utm_source=copyLink&utm_medium=fundraising&utm_content=tom-parker-press-up&utm_campaign=pfp-share&utm_term=496d11a1bf8246a0bfd0b0509a8ce7a4



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**



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



The UK's Eating Disorder Charity



**The voice for young people's
Mental Health and Well-being**

Young Minds Free Parenting Helpline: 0808 802 5544

