

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
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There are a lot of mental health disorders, e.g. anxiety disorders, depression, eating disorders, personality disorders, etc. These disorders can affect anyone (young and old, rich and poor). However, there are many sources of mental health support out there, and for everyone. As a pupil, the first step is to reach for help, by telling a family member, a friend or a member of staff you trust at St Michael's. It is not easy to take this first step but it is brave and not a sign of weakness at all. Adults too can reach out to their family, friends, GP or mental health professional if they are struggling emotionally.



Mental Health and Well-being at St Michael's

Our college strives to provide a safe, calm and supportive learning environment, by implementing an early targeted support for pupils who need help.

We provide an evidence-based, holistic and whole school approach to help achieve this. This support also extends to staff and parents through various initiatives, such as Parent Partnership meetings, staff surveys, College Counsellor and School Nurse (also supporting staff), well-being events for staff, etc. Pupils are also offered a wide range of extra-curricular activities to widen their experiences.

Just as with physical health, one must not be afraid or embarrassed to seek help. Emotionally struggling is not a sign of weakness; it just means that we are humans. Reaching out for support takes courage and it is the first step towards recovery.

The Pastoral, Safeguarding and Inclusion team as well as our KS3 to KS5 Mental Health Ambassadors, all contribute to supporting the well-being of our pupils.

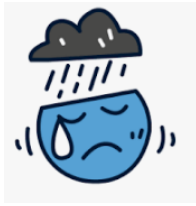
For more information about mental health support at St Michael's please refer to our school website:

<https://sites.google.com/stmichaelscollege.org.uk/mentalhealth/home>



Please also refer to page 3 of this newsletter for a list of external mental health support services.

How to manage low mood



Be kind to yourself

Try to break big tasks down into manageable chunks, and do not try to do everything at once. Give yourself credit when you complete each bit.

Healthy living

Being active and making sure we have a healthy balanced diet can help boost your mood, and help our wellbeing.

Get better sleep

Low moods can make us feel tired. Tiredness can also have a bad impact on our mood. Aim for a minimum of 8 hours of sleep per night.

Challenge unhelpful thoughts

The way we think affects the way we feel. Try and be aware of your negative thoughts.

Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.



✝ Chaplain's Corner ✝

A Prayer for St David's Day

Almighty God, on this special day for the people of Wales, we remember Saint David, your servant.

We give thanks for his passion for the Gospel which helped to spread Christianity;

We give thanks for his gentleness, but clear spiritual leadership.

Grant that we may learn from him and respond to the words that are thought to be his last: 'Be steadfast, and do the little things'; through Jesus Christ our Lord.

Amen.

St Michael..
All the Saints..



Coming up in our March 2024 Well-Being Newsletter!

Celebrating International Women's Day



Some amazing work to be delivered by our Mental Health Ambassadors on 8th March 2024, to celebrate women and inspire our pupils.





Help and Guidance

Services available
all year round:



Shout 85258 is the UK's free, confidential, 24/7 text support



Free online support for young people



Free emotional support for young people



Free advice and support



Free online counselling support
For over 25s



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



Cost of living crisis - Useful links

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-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/>

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

