

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
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Welcome to our March Well-Being Newsletter!

St Michael's celebrated International Women's Day on 8th March 2024. It was a day to celebrate women's achievements and how far women have progressed in their fight for equality and fairness. It was also a day to highlight the fantastic achievements of women, in the field of Science, Medicine, Literature, Music, Engineering, Law and Aerospace.

Our Diversity and Mental Health Ambassadors and Da Costa House, all joined forces to mark the day, and beyond, with fund-raising activities, focus on women's literature, Girls' sports events, cinema, a bake sale and a lovely display in the college foyer celebrating womens' achievements, to inspire our pupils.



Women's Mental Health



Major life transitions such as pregnancy, motherhood and menopause, can create physical and emotional stresses for women. Negative life experiences, poverty, discrimination, violence, unemployment and isolation, also impact on women's mental health and well-being.

Internalising difficult feelings can lead to depression, eating disorders and self-harm.

Some statistics:

- 53% of women who have mental health problems have experienced abuse;
- Women in poverty are more likely to face poor mental health, with 29% of women in poverty experiencing a common mental health disorder, compared to 16% of women not in poverty;
- Women from ethnic minorities face additional inequalities and challenges to their mental health, such as racism and stigma, and are at particular risk of experiencing common mental health disorders: 29% Black women, 24% Asian women, and 29% mixed-race women have a common mental disorder, compared to 21% White British women, and 16% White other women;
- Three quarters (75%) of mental health issues are established before the age of 24, and young women have emerged as the highest-risk group for mental ill health.

Please refer to page 4 for a list of organisations offering mental health support.

A little corner on self-love



- . Stop comparing yourself to others.
- . Don't worry about others' opinions.
- . Allow yourself to make mistakes.
- . Remember your value doesn't lie in how your body looks.
- . Don't be afraid to let go of toxic people.
 - . Process your fears.
- . Trust yourself to make good decisions for yourself.
 - . Learn to say no.



Chaplain's Corner



We now commit ourselves to You for the day

It may not bring us all sunshine, gladness,
and ease

It may have clouds, and pain, and hardship

But, Father, we want to make it a sweet,
beautiful day

Whether it shall be bright or dark

Give us much of Your Spirit, and may we
live near You all day

We ask all in Jesus' precious name.

Amen.



How to juggle it all?



The question one may ask is why are women still trying to juggle it all?

Despite being in 2024, women still take on more than their share of work around the home and lag behind men when it comes to taking free time for themselves, experts say.

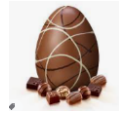
Housework is the most unequally shared of the three most common forms of unpaid care. In the UK, about 91 % of women with children, spend at least an hour per day on housework, compared with 30% of men with children.

Women have a tendency to be tough on themselves, and want to be successful both in work and at home. However, the definition of success and achievement differs with each one of us. There is never an ideal work life balance as it shifts based on times and priorities in life.

Some useful tips:

- Define what work life balance is for you;
- Work with priorities: think through all the tasks and what can be compromised, negotiated, and what cannot be;
- Effective Delegation: learn the art of delegation, both at work and at home;
- Support system back home: learn to say no, both in professional and personal aspects of your life. Draw boundaries in some of the areas, so that you can focus on priorities. Don't allow stress and disappointments and loose yourself in the process;
- Spend quality time with your loved ones, without any office distractions such as allowing calls and emails outside of working hours;
- Time for self: ensure to allocate time to pamper yourself. Pay attention to your emotions and learn how to manage them.
- Finally, be sensitive to the choices you make every day, be it small or big.

What to do in London during the Easter break



- **London Museums (most of them are free):**
 - The British Museum;
 - The Museum of London;
 - The London Dockland Museum;
 - The Natural History Museum;
 - The Science Museum;
 - The National Maritime Museum;
 - The V&A Museum of Childhood.
- **Southwark and Tower Hamlet libraries** are opened throughout the Easter break.
- **London parks:** every London park offers a place of tranquility and beauty.
- **Surrey Dock Farm:** a working city farm and charity, ideal for young children: Rotherhithe St, South Wharf, London SE16 5ET.
- **Mudchute Park & Farm:** Pier Street, Isle of Dogs, London E14 3HP. Set in 32 acres of countryside in the heart of East London, the Mudchute is a community charity, with a working farm, stables, and a wide range of educational activities. It is open every day, free of charge.

More Easter holidays activities for children in London:

<https://www.timeout.com/london/kids/activities/the-best-easter-activities-for-kids-in-london>



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/>

