

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 46 – April 2025

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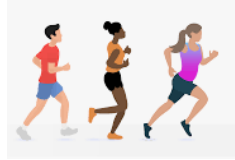
Welcome to our April Well-Being Newsletter!

It really feels like spring is amongst us. What better way to enjoy the nice warmer weather than making the most of the outdoors. Exercise is one way to get those endorphins levels up, get positively tired and improve our mental health. Exercise does not mean spending hours at the gym. It could be some regular walking, cycling, swimming, etc. Finding something that one really enjoys helps keeping it up in the long term.

One of St Michael's many sports activities offered to our young people, is the running club led by Mrs Weatherley, PE Teacher, and Mr Lomax, Art Teacher; both accomplished runners themselves. Please refer to page 2 for more information on St Michael's running club.



Lunchtime Laps: KS3 Running Club Takes Off!



Are you looking for a way to boost your energy, clear your head, and have some fun during lunch break? Then lace up your trainers and join the KS3 Running Club! Every Tuesday at Lunchtime. Our lunchtime running club is a fantastic opportunity to get active and enjoy the fresh air. Whether you're a seasoned runner or just starting out, everyone is welcome. We encourage a friendly and supportive atmosphere where students can challenge themselves at their own pace.

Why Run? The Benefits are Endless!

It's no secret that exercise is good for you, but running offers a whole host of benefits that go beyond just physical fitness.

Physical Health Boost:

- Running strengthens your heart and lungs, improving cardiovascular health.
- It helps build strong bones and muscles.
- It's a great way to maintain a healthy weight.
- Regular running can improve your sleep quality, leaving you feeling more rested and ready for the school day.

Mental Wellbeing Matters:

- Running is a fantastic stress reliever. The release of endorphins during exercise can significantly improve your mood and reduce feelings of anxiety.
- It provides a mental break from academic pressures, allowing you to clear your head and return to lessons feeling refreshed.
- Setting and achieving running goals can boost your self-confidence and sense of accomplishment.
- Spending time outside in the fresh air and sunlight can also improve mental wellbeing.

Social Connection:

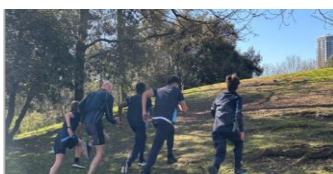
- The running club is a great way to meet new people and build friendships.
- Running alongside your peers creates a sense of camaraderie and support.

Join the Fun!

So why not come and join us for some lunchtime laps! It's a fantastic way to improve your physical and mental wellbeing, make new friends, and have a bit of fun. We look forward to seeing you there! Mr Lomax.

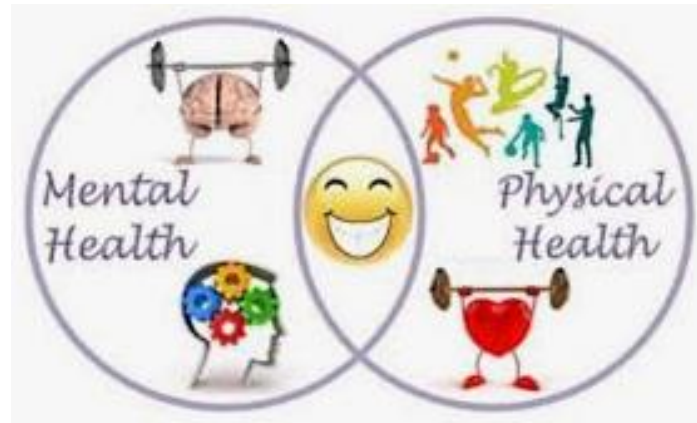
Why I love running by Sebastian H. – 7RU

"The running club allows me to go outside of school at lunch time and to see the city of London. I especially like running by Tower Bridge. After a long run, I feel happy and tired but the good kind of tired. I am looking forward to my next run with my friends."



The link between physical and emotional health

Exercise releases chemicals like endorphins and serotonin that improve our mood. Exercise can also help us to get out in the world, help us to reduce any feelings of loneliness and isolation and put us in touch with other people. If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like mild to moderate depression or anxiety. You will also feel more energetic throughout the day, sleep better at night, have a sharper memory, and feel more relaxed and positive about yourself.



The benefits of exercise:

Releases
endorphins
and serotonin

Better quality
of sleep

Improves self
esteem

Increases
energy levels

Opportunity
to socialise

Reduces
stress

Boosts
motivation



Improves
memory

More well-being tips



- **Connect:** Connecting with others can help us feel close to people, and feel valued for who we are.
- **Take notice:** making time to appreciate the world around us. Being aware of the present moment and our own feelings and thoughts, can help us to positively change how we are feeling about life.
- **Learn:** Trying new things can make us more confident and give us a sense of achievement.
- **Give:** acts of giving and kindness can help improve our mental wellbeing by: creating positive feelings and a sense of reward. giving us a feeling of purpose and self-worth. helping us to connect with other people.

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.

Staff Corner

Tips to combat stress

Be active

Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you are feeling, clearing your thoughts and letting you deal with your problems more calmly.

Connect with people

A good support network of colleagues, friends and family can ease your work.

Have some 'me time'

Here in the UK, we work the longest hours in Europe, meaning we often don't spend enough time doing things we really enjoy. Set aside a couple of nights a week for some quality "me time" away from work.

Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps build confidence. This will help you deal with stress.

Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping.

In the long term, these crutches won't solve your problems. They'll just create new ones.

Help other people

Evidence shows that people who help others, through activities such as volunteering or community work, become more resilient.

Work smarter, not harder

Working smarter means prioritising your work, concentrating on the tasks that will make a real difference. Leave the least important tasks to last.

Accept that your in-tray will always be full. Don't expect it to be empty at the end of the day."

Get tips on how to manage your time better

Accept the things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.



<https://www.educationsupport.org.uk/>

Mental Health Support for everyone



Free 24/7 mental health text support



Free online Emotional support for young people



Free parenting helpline: 0808 802 5544



A free online counselling support for over 25s



Samaritans
Hours: Available 24 hours.

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