

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 47 – May 2025

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Welcome to our May Well-Being Newsletter!



St Michael's celebrated National Mental Health Awareness Week, this month. Our Mental Health Ambassadors, a big thank you to them, worked hard at organising fun and informative activities, aimed at raising the profile of mental health for their peers. A total of £100, from the fund-raising activities, was sent to Young Minds*, a mental health charity supporting young people. Please refer to page 2 and 3 to see some lovely pictures of the different activities that our pupils took part in. Even staff took part, in a fierce Sponge a Teacher event!

Looking after our mental health is easy. Prioritizing sleep, staying connected with others, getting physically active, practicing stress-reduction techniques, and seeking professional help when needed, are all important steps to take good care of ourselves. Saying no and putting in place boundaries around us, when it gets too much, can also be beneficial to our state of mind. Looking after our mental health is also an investment. We should think about it all the time and really work at it, just like we do with our physical health. It helps us deal with managing difficult times but also helps reduce our risk of physical problems. Sometimes, one can be afflicted with a mental health disorder. This is when it is important to seek professional help, recognising that there is no shame in struggling and that it can happen to anyone, rich or poor, young or older and whatever your gender.

Please refer to page 5 for a list of mental health support organisations. Your GP can also be your first port of call if you are struggling.



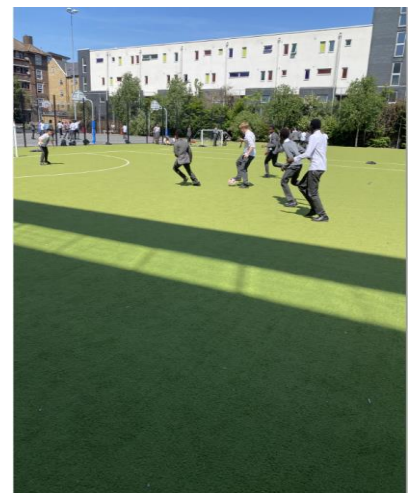
**Young Minds provide young people with the tools to look after their mental health. They also empower adults to be the best support they can be to the young people in their lives. Young Minds also give young people the space and confidence to get their voices heard and change the world they live in. Go to <https://www.youngminds.org.uk/>*



St Michael's Mental Health Awareness Week



The KS3 tuck-shop



A Football competition



Watching Inside Out 2, a film about how our emotions enter our minds and how to deal with them.



Mental Health assemblies for each of St Michael's Houses

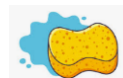
More pictures on page 3.....



A make a bookmark and glitter tattoo workshop:



Sponge a Teacher!



A big thank you to Mr Long, Mr Laribi, Mr Brett-Roberts, Mr Parker, Mr Roach, Mr Sear, Mr Gadsdon, Mr Devine and Mr Kose for volunteering!



Things to do in London this May half-term

- **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 May half-term 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 half-term activities for children, in London:

<https://www.visitlondon.com/things-to-do/event/45450249-may-half-term-in-london>



Chaplain's Corner



Creator God,

We thank you that each of us are beautifully and wonderfully made as unique individuals.

Teach us to love each other as we are.

Inspire us to embrace the diversity of humankind.

Help us to celebrate our differences and be the person you created us to be.

In your grace we can all flourish.

Each and every human identity bears Your sacred image. Inspire us to fully live the power of this truth every day.

Amen



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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