

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 48 – June 2025

St Michael's Catholic College, Llewellyn Street, London, SE16 4UN
02072376432 | contact@stmichaelscollege.org.uk
www.stmichaelscollege.org.uk

Welcome to our June Well-Being Newsletter!



This month, we are celebrating St Michael's Outstanding Ofsted Report. One of the highlights of the Ofsted report is that *"The school invests significant time in exploring mental health and well-being so pupils have effective strategies to use"*. Mental Health and Well-being are crucial in schools, because they directly impact pupils' ability to learn, their overall development, and their future success. A positive school environment that prioritises mental health and well-being fosters a climate of safety, support and belonging, which in turn enhances academic performance, social and emotional skills, and resilience.

Our Pastoral, Safeguarding and Inclusion teams and our Mental Health Ambassadors all fulfill the role of supporting pupils' well-being. They put strategies in place when our pupils are emotionally struggling. Our Inclusion team also refer to outside agencies should our pupils need specialised support. Our message is that no-one has to suffer in silence. The first step is to seek help, with no shame or embarrassment. Struggling emotionally, whatever our age or background, is normal; it just means that we are humans. Please refer to the Mental Health and Well-Being section of our website for more information:

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



The month of June is associated with the start of summer in the Northern Hemisphere and winter in the Southern Hemisphere. It is named after the Roman goddess Juno, and is a popular month for weddings. June is also a month with many observances, including Pride Month, Father's Day, and the devotion to the Sacred Heart of Jesus (see our Chaplain's Corner on page 4).

Summer is a great time to go out and about and enjoy London. You can enjoy a variety of activities, both indoors and outdoors. Popular options include exploring parks and gardens, attending outdoor theatre or cinema, taking a river cruise, visiting markets, taking part in outdoor sports such as swimming, tennis, running, etc., and enjoying the city's vibrant nightlife.



My mental Health – Information page

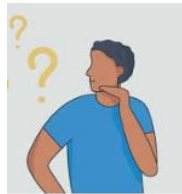


Below are the most common mental health conditions. On this page, you will find advice on:

- Seeing your GP if you are worried about your mental health;
- What to do if someone you know is affected;
- How you can help yourself;
- Who to contact for more advice.

If a relative, friend or someone else you know has a mental health issue, they may tell you. But if they don't, any of these signs could suggest something is wrong:

- . Anxious or irritable
- . Mood swings
- . Seeming withdrawn
- . Self-harming
- . Saying or doing unusual things
- . Struggling to cope with work or studies
- . Problems with concentration or memory



What can I do to help?

Encourage them to talk to their GP, and show your support by telling them:

- You want to listen and you're here for them,
- All GPs have mental health training and can help,
- You can go with them,
- Their GP won't share any information without permission,
- Most mental health problems can be treated.

What if they don't want the help?

No-one can be forced to get help, but you can contact their GP for them. Talk with their GP about their symptoms and behaviour, then the GP will decide if they need to take action.

If you think they are a serious risk to themselves or others, the NHS and social services may get involved: **NHS Direct** or **NHS 24 on 111.**



Summer Recipe Corner



Summer Pasta salad by Jamie Oliver



INGREDIENTS

300g dried pasta shells

1 cucumber

500g ripe tomatoes

1 bunch of fresh basil (30g)

optional: 1 fresh red chilli

extra virgin olive oil

red wine vinegar

125g baby spinach

80g feta cheese

METHOD

- 1 Cook the pasta in a pan of boiling salted water according to the packet instructions.
- 2 Coarsely grate the cucumber, squeeze out the excess liquid, then place in a large bowl. Halve and grate in the tomatoes, discarding any skin and excess seeds.
- 3 Tear in most of the basil leaves, then finely slice and add the chilli (if using), along with 1 tablespoon of extra virgin olive oil and 1 teaspoon of red wine vinegar.
- 4 Drain and refresh the pasta under cold running water, then tip into the bowl and toss everything together well. Season to taste with sea salt and black pepper.
- 5 Arrange the spinach leaves over the base of a lunchbox or platter and pile the pasta on top. Scatter over the feta and remaining basil leaves.



More summer recipes on:



<https://www.jamieoliver.com> › Recipes

<https://realfood.tesco.com> › summer

<https://www.bbcgoodfood.com> › Recipes › Collection

<https://www.bbc.co.uk> › food › occasions › summer_di...



Hydration tips

Don't wait to feel thirsty:

Drink regularly throughout the day, as thirst is an indicator that you're already slightly dehydrated.

Carry a water bottle:

Having a water bottle readily available makes it easier to sip throughout the day.

Flavour your water:

Add slices of lemon, cucumber, or berries, or try sparkling water, or sugar-free flavored water.

Eat water-rich foods:

Include fruits and vegetables like watermelon, strawberries, cucumbers, and leafy greens in your diet.

Be mindful of your environment:

Drink more fluids when it's hot, during physical activity, or when you're ill.

Consider electrolytes:

If you're sweating a lot during exercise, sports drinks or electrolyte tablets can help replace lost minerals.

Limit dehydrating beverages:

Reduce or avoid sugary drinks, as they can contribute to dehydration.

Set reminders:

Use a timer or hydration app to remind you to drink water throughout the day.

Listen to your body:

Pay attention to your body's signals and adjust your fluid intake accordingly.



Chaplain's Corner



The month of June is traditionally dedicated to the Sacred Heart of Jesus in the Catholic Church. This devotion focuses on the immense and boundless love of Jesus Christ for humanity, symbolized by His physical heart, pierced on the cross. The dedication of June to the Sacred Heart stems primarily from the visions of St. Margaret Mary Alacoque, a French Visitation nun, in the 17th century. Between 1673 and 1675, Jesus appeared to her, revealing His Sacred Heart and asking for a special devotion in reparation for the ingratitude and indifference of mankind.

In these apparitions, Jesus made specific requests, including:

1. The reception of Holy Communion on the First Fridays of the month for nine consecutive months.
2. A "Holy Hour" of prayer on Thursdays, in remembrance of His agony in the Garden of Gethsemane.
3. The establishment of a Feast of the Sacred Heart on the Friday after the Octave of Corpus Christi.

O most holy Heart of Jesus, fountain of every blessing, I adore You, I love You, and with lively sorrow for my sins I offer You this poor heart of mine. Make me humble, patient, pure, and wholly obedient to Your will. Grant, good Jesus, that I may live in You and for You. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, Your blessing on all that I do, and the grace of a holy death. 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.

116 123

