

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 49 – July 2025

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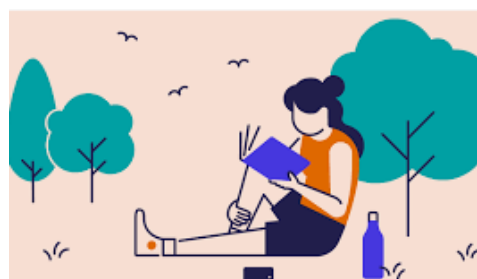


Welcome to our July Well-Being Newsletter!

The 6-week break is around the corner, for a lot of us. We must ensure, as much as we can, to keep doing things that bring us joy, keep us calm and fulfilled, all in a healthy way. A long break gives us the opportunity to “switch off” from school or work, to slow down, and to give ourselves less pressure. However, to some, it can also bring its share of emotions too, such as: feeling bored, lonely, unmotivated or sad.

Please refer to the Parents’/ Carers’ section on the next page to learn some tips on how to spend a fulfilling 6 week break with your child.

Always remember that physical and mental health are both equally important. Like physical health, our emotional health fluctuates and we have good and bad days. It is important to appreciate the good days by making the most of them and practice gratefulness but also to always talk to someone when we are going through a difficult time: a family member, a friend, an adult we trust or a professional. It is not a sign of weakness to struggle emotionally.



Having good mental health is achieved by expressing our positive and negative emotions in a healthy way.

Top tips:

- **Learn to identify your feelings:** start by becoming aware of your physical sensations, your thoughts, and the situations you are in. Then, try to name the specific emotions that you are experiencing.
- **Practice verbalising your feelings to loved ones:** when you begin learning to express your emotions, it is ok to start by practicing with only one person or a small group of trusted individuals.
- **Try letting go of self-judgment.** It means practicing self-compassion to tame your inner critic.
- **Work on your emotional intelligence,** which is your ability to identify, process, and express your emotions.
- **Write in a journal:** journaling can be a form of self-expression that helps you become more aware of your feelings.
- **Be kind to yourself:** while learning how to express your feelings better, you possibly won't always say or do the right thing. Remember, this is a key part of the learning process.



Parents' Corner

It can be a real challenge to get teenagers off the couch and off their phone. Here are a few tips to encourage your child to find contentment in screen-free activities this summer:

. Encourage your child to try new things. For example, if your child is interested in playing a new sport, you could offer to take them along to a local club. Trying new things and getting involved in different activities, keeps your child's options opened, and can build your child's confidence and sense of self-worth.

. Clear and fair rules help teenagers feel safe when a lot of things in their lives are changing. If you involve your child in making the rules, they'll be more likely to stick to them. It is about giving them a bit more freedom while keeping a close eye on their activities so that they can develop independently in a safe way.

. Helping your child aim for at least 60 minutes of physical activity each day boosts their physical and mental health.

. Make memories together.

. Allow your child not to be perfect. We learn from our mistakes.

. Allow your child to be bored. When we are bored, our mind relaxes and we are more inclined to ponder. It can spark individual productivity and creativity.

And remember that teenagers are still children. Although they often want to 'break free' from their parents'/carers' control, they still find reassurance and grounding by being given clear guidance and limits.



More tips for a fulfilling and happy 6 week break without spending a fortune:

- A gym/swim membership –a lot of gyms do special offers for teenagers. Southwark residents can use swimming and gym facilities for free in all of the council leisure centres:
<https://www.southwark.gov.uk/leisure-and-sport/local-leisure-and-sport-venues/leisure-centres-indoor-sport>.

Check out these fun family activities for ideas:

- <https://anitacleare.co.uk/fun-family-activities-for-teens/>
- www.nationaltrust.org.uk/for-families
- <https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/children-and-families/>

Most of London Museums are free of charge and parks offer a welcomed shade during these hot months.





SUMMER* HOLIDAY CAMP



COME LEARN, PLAY AND MAKE NEW FRIENDS



6 - 16 years old
Mixed boys and girls



12pm - 4pm:
Mon 28th July - Fri 1st Aug
Mon 4th Aug - Fri 8th Aug
Mon 11th Aug - Fri 15th Aug
Mon 18th Aug - Fri 22nd Aug
Tues 26th Aug - Fri 29th Aug



City of London Academy Sports Hall
238 St James Rd, SE1 5LJ



BOOKING LINK



GET IN TOUCH!

 **Fari: 07874 872 053**
 **holidays@protouchsa.co.uk**
 **www.protouchsa.co.uk**
 **[@protouchsa](https://www.instagram.com/protouchsa)**

***Free for children eligible for benefit-related free school meals (FSM) with proof required, or £20.00 per day.**

More free summer activities for young people in London:

Southwark and Tower Hamlet food and fun holiday programme 2025:

<https://www.southwark.gov.uk/public-health-and-safety/health-and-wellbeing/staying-healthy/healthy-eating/food-and-fun-holiday>

https://www.towerhamlets.gov.uk/News_events/Events/Summer_events.aspx



✝ Chaplain's Corner ✝

At the end of this year we ask the Lord to guide us and remind us to...

Take time to claim your strength; they are gifts of God.

Take time to have fun; it's God's way of teaching you your strengths.

Take time to grow yourself; only you can grow you.

Take time to trust yourself; God trusts you.

Take time to be self-reliant; it is better than being dependent.

Take time to share with others; they will bless you, and you will bless them.

Take time to have hope, you are a child of God.

Let's put ourselves into the hands of the Lord, and pray that God will bless us and our families during the wonderful months of summer.

May we all help make our home a place of relaxation, joy, love, peace and safety.

May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of summertime.

Lord God, Creator of all things, guide our steps and strengthen our hearts, during these months of summer and holidays.

Grant us refreshment of mind and body.

We ask this through Christ our Lord.

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





For taking the time to read our Well-Being Newsletters this academic year. We hope that you found them enjoyable and useful.

A special thank you to all the college Mental Health Ambassadors for their hard work supporting their peers throughout the year, and raising the profile of mental health. A big thank you also, to Staff who have kindly contributed to our Mental Health Awareness Week. Thank you also to Ms Casey, our Chaplain, for her monthly prayers.

Wishing you a peaceful and restful summer break.

