

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 50 – October 2025

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Welcome to our October Well-Being Newsletter!

The month of October reveals the beautiful side of nature: most trees shed their leaves, displaying beautiful colours, changing from green to red, orange, yellow or brown, before falling. A walk in nature can appease us and help us ponder about the beauty of our surroundings.

St Michael's celebrated World Mental Health Day on 10th October. The importance of good mental health and what to do if one is struggling were highlighted throughout the day through reflections, videos and a beautiful display made by our Mental Health Ambassadors.

If homework, sibling fights, issues with boundaries, mood swings, mobile phone at the dinner table and arguments sound familiar, you may be the parent of a teenager. On page 2, you will find tips on how to better communicate with your growing child.



World Mental Health Day 10th October 2025



Thank you to our Mental Health Ambassadors: Mya V, Lexie H, Sophia C, Kitty-Rae H and Robyn S for their beautiful display to mark World Mental Health Day at St Michael's. Our Mental Health Ambassadors continuously work hard at raising the profile of mental health in our school and at supporting their peers. We are currently recruiting new Year 7 Mental Health Ambassadors who will receive training for this very important role.



Parents' Corner

Communicating with my teenage child



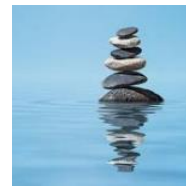
When communicating with your teenager, you need to accept that you are no longer number one in their life. Talking with your teenager involves quite a lot of your time until the right moment presents itself for a few minutes of real communication to take place:

- Direct adult questioning often leads teens to conclude that you are trying to find something out (their secret thoughts or what they have done wrong) which will bring the shutters straight down. If you have something difficult to talk about, try going for a drive together or choose a quiet time when you are cooking together for example.
- Teenagers will often engage better in conversations about other people – in a way that really helps you stay in touch with their thought processes, their values and opinions.
- Listen and model the style of communication you would like your teenager to adopt. Listen to what they are saying and summarise it back to them (“so you are angry because....”). If you use sarcasm, or shout, or belittle your child, then you must expect that to come straight back at you.
- Control your emotions: when faced with an emotional teenager, the priority is to stay calm and to remember that you are the grown up. Don't stay and engage.
- Show trust: you need to accept that your baby is growing up and that they need some independence adapted to their age. Give them a chance to show you that you can trust them and praise them when they did show you.
- 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.

Young Mind, Parenting Helpline: free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

Staff Corner

Mindfulness



What is Mindfulness and how it can help with anxiety, stress or low mood?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing. Stress is a natural response to a challenge. Paying attention to our thoughts and emotions with kindness helps transform our anxiety into actions we can take to meet the challenge.

The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.

Research has shown that mindfulness helps reduce anxiety and depression. By taking the time to be in the moment rather than rushing around or do several things at the same time for example, mindfulness teaches us to slow down, to enjoy a pleasant moment fully and slowly, thus reducing our stress levels.

Why not try your next walk in the park with mindfulness, taking the time to observe what is around you and appreciate the beauty of what you see? Why not try to wake up a bit earlier in the morning to fully enjoy a mindful breakfast, thus a less stressful start to your day?

Useful Mental Health and Support Resources:

The Headspace App offers free full premium access to teachers & school staff:

<https://www.headspace.com/educators-covid-19>

How to access Mental Health Services:

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/how-to-access-mental-health-services/>

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



Healthy Recipe of the month



Combine the classic flavours of chicken and chorizo with kale and rice for a substantial yet speedy dinner, taking less than 20 minutes to make.

Ingredients:

- 1 tbsp olive oil
- 250g chicken breast thinly sliced
- 100g chorizo chopped
- 1 leek halved lengthways and finely sliced
- 1 red pepper deseeded and chopped
- 80g kale any tough stalks removed, leaves roughly chopped
- 1 tbsp low salt soy sauce
- 1 tbsp red wine vinegar
- 2 x 250g pouches microwave wholegrain rice

Method:

- **step 1**
Heat the oil in a frying pan over a high heat and fry the chicken for 3 mins. Stir in the chorizo and cook for 2 mins more until the chicken is light golden and the chorizo has released its fat. Scoop the chicken and chorizo into a bowl using a slotted spoon, leaving as much oil in the pan as you can. Set aside.
- **step 2**
Tip the leek and red pepper into the pan and cook for 2 mins, stirring frequently until slightly softened. Add the kale and fry for 1 min more until the leaves have just started to wilt at the edges.
- **step 3**
Drizzle in the soy sauce and vinegar and scatter in the rice, breaking up any large chunks with a wooden spoon. Stir the chicken and chorizo back into the pan and toss everything together to combine. Cook for 3 mins until the rice is heated through, then serve.



Chaplain's Corner



Dear Lord,

Through you and your spirit all things are made anew,

We praise and thank you for the gift of life and the blessing of each new day and this new college term.

Grant us the strength and courage to walk in your light,
the grace to experience each day with you and the hope of all things being made new in Christ.

We ask this through Christ our Lord,

Amen

Ideas on what to do during October Half-Term in London

- **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 October half-term.
- **London parks:** every London park offers a place of tranquility and beauty. October half-term is the best time to admire the beautiful colours of autumn.
- **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 Ideas on:

<https://www.timeout.com/london/kids/activities/top-half-term-activities>

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



Text **YM to 85258** for free mental health crisis support, any time of the day.



A free online counselling support for over 25s



Samaritans
Hours: Available 24 hours.

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