

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 51 – November 2025

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Welcome to our November Well-Being Newsletter!



St Michael's Anti-Bullying Week



For this year's Anti-Bullying Week theme, 'Power for Good', our Mental Health Ambassadors focused on the importance of using power responsibly. In their assemblies, pupils were asked to reflect on how they can use their power for good. We all have a choice and a responsibility to use that power positively, using kindness, support and standing up for others. Our Mental Health Ambassadors also fund-raised for Young Minds, the mental health charity dedicated to supporting young people's mental health and their parents.



Making hot chocolate for Staff



Delivering pupils' assemblies



Sports competitions



Selling Anti-Bullying bracelets and Mental Health badges



St Michael's Talent Show

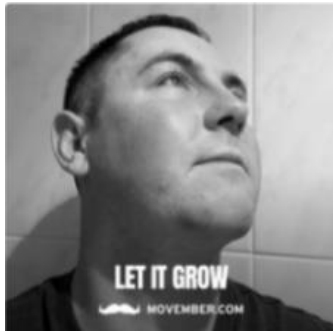




Mr Tom Parker (Head of Year 7/PE Teacher) is taking part in Movember. Can you guess what type of facial hair Mr Parker will grow? To be revealed in our next month Well-Being Newsletter!



Before



After



If you would like to donate, please follow this link:

https://uk.movember.com/mospace/3102857?utm_medium=app&utm_source=ios&utm_campaign=share-mospace

By supporting Mr Parker, you are making a difference to men's mental health and suicide prevention, prostate cancer and testicular cancer.

Men's mental health

Whether you are a young or older man, your mental health matters.

Stronger social connections can reduce the risk of suicide. That means more men talking about stuff that really matters. Those conversations don't always come easy as a lot of men find it hard to open up about their emotions. Whether you talk to a friend, a family member, your GP or a mental health support organisation, it is the first step.

Getting support – Free helplines:

NHS - 111

Call: [111](https://111.nhs.uk)

For when you need help but are not in immediate danger

Shout Crisis text line

Text: [85258](https://www.shoutcrisis.org)

24/7 free text service, for anyone in crisis, struggling to cope and needing immediate help

The Samaritans

Free call: [116 123](https://www.samaritans.org). Available 24/7

Confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

CALM

Free call: [0800 585858](https://www.calm.org.uk)

Confidential helpline and livechat. Open from 5pm to midnight every day, 365 days a year.

More sign-posting on page 4 of this newsletter.

Giving support –

If someone you care about seems to be going through a tough time, they might not talk about it even if they want to. The first step in looking out for them is reaching out. You cannot fix someone else's problems, but you can be there for them. Sometimes listening is the most helpful thing you can do. You won't make things worse by asking someone how they are doing. You don't have to be a counsellor or a doctor, just be present for the person.

Men's Health Guide

This booklet is specially designed for men. It looks at the cancers that are most common in men, and gives lots of tips and advice on how you – or the men in your life – can be healthier and make cancer less likely:

https://www.wcrf.org/living-well/health-guides-cookbooks/mens-health-guide/?gad_source=1&gad_campaignid=1983185026&gbraid=0AAAAAD5ZFqWc2toK9VFU1Gnp_XGC_FZN&gclid=CjwKCAIA55rJBhByEiwAFkY1QIK1Mf9QztJSLGSOX6VHJFQb22f9wKb8hDRd1zRe9WSTYwolApalRoCAV4QAvD_BwE

† Chaplain's Corner †

Anyone who claims to be in the light but hates a brother or sister is still in the darkness.
- 1 John 2:9

- ▶ Our Salesian values means we look to highlight daily that bullying is in direct opposition of treating everyone with Respect
- ▶ Jesus shared in the Gospel of John that unkind words to your neighbour and claiming to love God cannot work, you must love all as you would care to be loved
- ▶ Catholic Social Teaching encourages us to see the dignity in all, work for peace and stand by in solidarity with those who are put upon
- ▶ As a community we can look to these values to work together to combat bullying



**Salesian Values
RUAH**



**Loving God,
Jesus calls all of us his friends.
He showed us how to live as friends by laying
down his life for us.
Help us live his command to love one another,
by putting aside unkind words, by never saying
or doing anything that would hurt anyone else;
by being an example of friendship and welcome with
with everyone, especially those who feel left
out.
let us live in the love of Jesus as friends.
Amen**

Cost of living crisis - Useful links



<https://www.stepchange.org/debt-info/government-help-with-gas-electric-bills.aspx>

<https://www.gov.uk/guidance/cost-of-living-payment>

<https://www.gov.uk/the-warm-home-discount-scheme>

<https://www.gov.uk/winter-fuel-payment>

<https://www.stepchange.org/debt-info/emergency-funding.aspx>

https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

BBC Food Family's £1 recipe meal plan:

https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four#xtor=CS8-1000-%5BEditorialPromo_Box%5D-%5BNewsEditorial_Promo%5D-%5BNewsEditorial_Promo%5D-%5BPS_FOOD~N~~P_budget_meal_plannerFP%5D





Help and Guidance

**Services available
all year round:**

shout
85258 here for
you 24/7

Bereavement Support
for Children



Free text message support
service for young people



Free online emotional
advice for young people



Free advice and support



Free online counselling support
For over 25s



Bereavement Support for children
<https://rainbows.gb.org/>

