

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 52 – December 2025

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## Welcome to our December Well-Being Newsletter!

December is usually an exciting month for young and old. It is considered a time of joy, laughter, love and giving. While many of us use the festive season to spend time celebrating and having fun with family and friends, eating a lot of food and exchanging gifts, Christmas can be an exceptionally lonely and challenging time for many people: the homeless, the elderly but also people struggling financially, people with health challenges, people who are bereaved, etc. This time of year can also become a time to think about giving a helping hand to individuals who are less fortunate than us. A simple action can make a difference to someone's life. If you are struggling, whether financially and/or emotionally, there are organisations which offer support: please refer to pages 4 and 5 of this newsletter.

**Wishing you all a Merry Christmas and a Happy and Healthy New Year!**



## Movember



### The big reveal!



Mr Tom Parker (Head of Year 7/PE Teacher) took part in Movember to raise money towards funding men's health projects focusing on mental health and suicide prevention, prostate cancer, and testicular cancer. Thank you to those of you who donated. There is still time to donate (please follow the link below):

[https://uk.movember.com/mospace/3102857?utm\\_medium=app&utm\\_source=ios&utm\\_campaign=share-mospace](https://uk.movember.com/mospace/3102857?utm_medium=app&utm_source=ios&utm_campaign=share-mospace)



# A charitable Christmas

The festive season is a great time to help others and give something back. It can also be a great teaching moment to involve our children when one decides to reach out to others in need.

More people in the community are likely to rely on charitable support - including food banks, mental health and disability support and organisations offering financial guidance.

However, in tough financial times, even small gifts can collectively make a big difference to the lives of others. There are still plenty of ways we can give to the causes close to our heart, whatever our budget.

Giving out some of our time to volunteer at a food bank, visiting a person who feels lonely or volunteering for a helpline are all ways we can offer a charitable hand this Christmas, and possibly beyond!

**For more information on charities recruiting volunteers:**

<https://www.crisis.org.uk/get-involved/volunteer/>

<https://www.culturecalling.com/london/food-and-drink/features/how-to-volunteer-in-london-this-christmas>

<https://www.timeout.com/london/things-to-do/where-to-volunteer-in-london-this-christmas>

'THE WAY YOU SPEND  
CHRISTMAS IS FAR MORE  
IMPORTANT THAN HOW MUCH'

HENRY DAVID THOREAU

## Managing grief at Christmas



Christmas can be an incredibly difficult time when someone important in your life has died and you are grieving. It does not matter whether the person died a few weeks, months or years ago, you and your family may find it difficult to cope with your grief at Christmas.

**Ways to cope with grief at Christmas:**

1. Try and be sensitive to everyone's needs as everyone in the family will have different ways of grieving.
2. Give children (and yourself) permission to look forward to and enjoy Christmas, to smile and have fun.
3. Also give yourself permission to not be okay.
4. Make space to remember that someone is missing and it's natural to miss them.
5. Talk as a family about how you are all feeling about Christmas.
6. Decide together what you would like to do to remember your important person (see our ideas below).
7. Make plans but also give yourself permission to change your mind.
8. Be kind to yourself and if things become too much, find a way to take time out.

It can be much easier for children and young people if the significant adults in their lives talk to them about Christmas and acknowledge that this might be a difficult time of year for them. Christmas can trigger some really powerful feelings for everyone – anger and jealousy towards those who haven't lost someone or sadness and loss because that special person has died. Children may want to talk about this or they might show you through their behaviour – maybe becoming more withdrawn or short tempered. By listening to your child, you are telling them that their feelings are natural and that they are not alone:

- . talk together as a family about how you feel and what you want to do,
- . make plans for Christmas that take into account everyone's wishes where practical,
- . take time to remember your loved one,
- . let your children know that it is still ok to laugh and have fun this Christmas.

**Bereavement support organisations:**

<https://winstonswish.org/supporting-you/>

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

<https://rainbowsgb.org/>

<https://www.childbereavementuk.org/managing-christmas>



# Chaplain's Corner

*Dear Lord,*

*Thank you for this Advent journey.*

*The anticipation has filled my life and made me long for a closer relationship with you.*

*My life gets so busy that I forget to focus. Thank you for guidance. Thank you for the quiet moments when I have felt your love. Nothing will be impossible with God.*

*Amen*

**- St Michael's Chaplaincy Team -  
Giving ourselves for the work of Christ and for the service of others:**



**Year 7s**



**Year 8s**



**Year 9s**



**Year 10s**



**Year 11s**

## Cost of living crisis - Useful links



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

<https://www.bbc.co.uk/news/resources/idt-ade5a65c-753a-43c8-b58d-de98196801ff>

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

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

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

<https://www.london.gov.uk/programmes-strategies/communities-and-social-justice/help-cost-living/help-crisis>

[https://england.shelter.org.uk/housing\\_advice/benefits/emergency\\_grants\\_loans\\_and\\_money\\_help](https://england.shelter.org.uk/housing_advice/benefits/emergency_grants_loans_and_money_help)





# Help and Guidance

**Services available  
all year round:**



**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://rainbowsgb.org/>

