

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
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Welcome to our March Well-Being Newsletter!

We all know that exercise is good for us. However, for some of us, it may seem more like a chore than a pleasurable thing to do, hence choosing an activity we enjoy and not expecting immediate results straight away. Exercise is good for our body. But did you know it can also boost your mood, improve your sleep, and help you deal with mild to moderate depression, anxiety, stress, and more? People who exercise regularly tend to do so because it gives them an enormous sense of well-being.

Exercise does not have to be hitting the gym 5 times a week or running a marathon. It is about finding an activity you enjoy and building up gently towards an achievable goal. With spring slowly making an entrance, outdoor activities will be a great way to get some fresh air and boost our well-being.

Sunday 8th March was International Women's Day. An opportunity for St Michael's to celebrate. Our Mental Health Ambassadors set up a beautiful display in the school foyer, showcasing some inspiring quotes from inspiring women around the world (see page 2).



A healthy diet and regular exercise are essential for maintaining physical and mental well-being, reducing the risk of chronic diseases like heart disease, type 2 diabetes, and cancer. Together, they help manage weight, boost energy, improve mood, and strengthen the immune system and muscles.



NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol:

<https://www.nhs.uk/live-well/>





International Women's Day



Display set up by our Mental Health Ambassadors

International Women's Day is a day to celebrate women's social, economic, cultural, and political achievements, while advocating for gender equality and calling for accelerated action towards women's rights and empowerment. Originating from early 20th-century labour movements in North America and Europe, it marks women's ongoing fight for equality, better working conditions, and suffrage, becoming a focal point for addressing issues like gender-based violence and healthcare rights.



What affects Women's Mental Health?

Women are more likely than men to experience common mental health conditions: While rates have remained relatively stable in men, research has found that prevalence is increasing in women. Young women in particular have been identified as a high-risk group, with over a quarter (26%) experiencing a common mental disorder—such as anxiety or depression—compared to 9.1% of young men (2021). While there can be many reasons why mental health problems develop, some specific risk factors affect many women. According to the Mental Health Foundation, social and economic factors can put women at greater risks of poor mental health than men:

- To live in poverty which, along with concerns about personal safety and working mainly in the home, can lead to social isolation,
- To experience physical, emotional and sexual abuse, which can have a long-term impact on women's mental health,
- To be a single parent, which can lead to loneliness, financial struggle and stress,
- To be carers, which can lead to stress, anxiety and isolation.

However, there are factors that protect women's health, including the tendency for women to have better social networks and that many women find it easier to talk about their feelings than men. Women are more likely to seek help.





Staff Corner



How can school staff look after their mental health?

- **Share your feelings:** it is important not to bottle emotions up. Think about who you can be honest and open with about your feelings, such as partners, friends or close colleagues. If you have concerns, try having a conversation with your line manager or senior team.
- **Keep things in perspective:** try and keep the basics going as much as you can, i.e. eating well, getting enough sleep and watching your caffeine and alcohol intake.
- **Appreciate the little things:** try to keep in touch with how you feel and what, if anything, is a particular issue for you. A distraction technique such as a podcast, meditation or time outside can be helpful in difficult times.
- **Keep a note of things you are grateful for,** and remember you do this job for a reason.
- **Plan ahead:** think about what helps lift your mood and gets you through stress, and make time for that. It is important not to sacrifice those things.

Well-Being links

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/>

<https://www.educationsupport.org.uk/resources/for-organisations/guides/staff-wellbeing-signposting-template/>

<https://www.educationsupport.org.uk/resources/for-individuals/guides/breathing-exercises-for-beating-stress-and-creating-calm/>

<https://www.educationsupport.org.uk/resources/for-individuals/guides/time-management-and-wellbeing-at-work/>

✝ Chaplain's Corner ✝

Dear Lord,

In this time of anxiety, give us strength.

In this time of fear, give us comfort.

Ensure Lord, we are near to the ones we love in heart, in mind and in spirit.

Keep us, Oh Lord, close to you and give us hope for each day anew.

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.

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