

# Our Well-Being Newsletter

Newsletter for pupils, parents & staff  
Issue 55 - April 2026

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## Welcome to our April Well-Being Newsletter!

Our Newsletter will this month focus on stress and anxiety. Most of us have had to deal with one or another, or both. Anxiety is a feeling of unease, worry or fear. Stress can be defined as a feeling of emotional or physical tension. It can come from any event or thought that makes us feel frustrated, angry, or nervous. Stress is our body's reaction to a challenge or a demand. Both feelings are common. It can become a mental health problem if our feelings are very strong or last a long time.

Our Year 11s and 13s are preparing for their upcoming exams. Our Year 12 Mental Health Ambassadors delivered a well-being assembly for our Year 11s, giving useful advice on how to prepare for their GCSE exams, including self-care. Please refer to page 2 of this newsletter.

## How to deal with anxiety



- Try talking about your feelings to a friend, family member, health professional or counsellor;
- Use calming breathing exercises:  
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>
- Exercise – activities such as running, walking, swimming and yoga can help you relax;
- Find out how to get to sleep if you are struggling to sleep:  
<https://www.wvl.nhs.uk/media/.leaflets/61d8276e8d91a8.96413296.pdf>
- Eat a healthy diet with regular meals to keep your energy levels stable;
- Consider peer support, where people use their experiences to help each other. Find out more about peer support on the Mind website:  
<https://www.mind.org.uk/information-support/drugs-and-treatments/peer-support/about-peer-support/>
- Listen to free mental wellbeing audio guides:  
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>





# Managing Exam Stress

By our Year 12 Mental Health Ambassadors



Our Year 12 Mental Health Ambassadors kindly delivered a well-being assembly to their Year 11 peers, this month. The highlights were on managing stress before and during exams, revision tips and emphasising self-care. The assembly was interactive and the Year 11s had the opportunity to participate and reflect. Exam stress can affect how we feel, think and behave. One might experience different things before, during and after their exams. Exam stress can feel like a lot to cope with, but there are things one can do to look after their wellbeing:

- **Make time for things you enjoy:** find ways to release stress and celebrate progress.
- **Talk to others about how you feel:** connect with other people, especially people who are going through the same thing as you.
- **Find balance:** be realistic about what you can do in a day or a week. And try to balance studying with breaks. A revision timetable might help with this.
- **Work in a way that is best for you:** If it helps, you could revise in more creative ways, like drawing diagrams or making up songs. If reading, seeing or using screens is difficult, try listening to podcasts or using tools that read text aloud.



## Urgent help

If you feel overwhelmed, or like you want to hurt yourself or someone else, support is available. You deserve help.

To talk with someone confidentially about how you feel, you can:

- Text **SHOUT** to [85258](tel:85258) to contact the [Shout textline](#)
- Call **HOPELINE247** on [0300 102 2470](tel:03001022470) or the **NHS** on [111](tel:111) and select **option 2**
- Contact **Childline** by using [1-2-1 chat](#) or calling [0800 1111](tel:08001111)

If you feel like you may try to attempt suicide, or you or someone else is seriously hurt, this is an emergency. You should:

- Call **999** and ask for an ambulance
- Tell an **adult you trust** and ask them to call [999](tel:999) for help

Mental health emergencies are serious. **You aren't wasting anyone's time.**

## Being safe online



- . Think before you post.
- . Don't upload, share videos or pictures that you do not want random people to see. People often screenshot or share tweets which get saved and shared around.
- . Do not share personal details: Keep private things such as your address, phone number, your full name and school you go to private.
- . Always check your social media privacy settings.
- . Be careful with scams or 'phishing' sites: 'Phishing' is when someone tries to trick you into telling them your password. Once these passwords fall into the wrong hands they can get into your personal details.
- . Knowing when to stop: Being constantly online does not provide true relaxation. Take a 5 minute break every 30 minutes. Too much blue light from the screens also affects our sleep.

[https://www.nspcc.org.uk/keepin\\_g-children-safe/online-safety/](https://www.nspcc.org.uk/keepin_g-children-safe/online-safety/)



## Staff Corner

### Tips to combat stress

#### **Be active**

Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you are feeling, clearing your thoughts and letting you deal with your problems more calmly.

#### **Connect with people**

A good support network of colleagues, friends and family can ease your work.

#### **Have some 'me time'**

Here in the UK, we work the longest hours in Europe, meaning we often don't spend enough time doing things we really enjoy. Set aside a couple of nights a week for some quality "me time" away from work.

#### **Challenge yourself**

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps build confidence. This will help you deal with stress.

#### **Avoid unhealthy habits**

Don't rely on alcohol, smoking and caffeine as your ways of coping.

In the long term, these crutches won't solve your problems. They'll just create new ones.

#### **Help other people**

Evidence shows that people who help others, through activities such as volunteering or community work, become more resilient.

#### **Work smarter, not harder**

Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference. Leave the least important tasks to last. Accept that your in-tray will always be full. Don't expect it to be empty at the end of the day."

Get tips on how to manage your time better

#### **Accept the things you can't change**

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.



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

## ✝ Chaplain's Corner ✝

O Mary, Mother of God and our Mother, in this time of trial we turn to you. As our Mother, you love us and know us: no concern of our hearts is hidden from you. Mother of mercy, how often we have experienced your watchful care and your peaceful presence! You never cease to guide us to Jesus, the Prince of Peace.  
Amen.

# Mental Health Support for everyone



**Scared of your partner or ex?**

**Talk to us any time, day or night.**

**0808 2000 247**

Freephone 24 hour National Domestic Abuse Helpline

Confidential, non-judgmental support

Or reach us online: [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

**Refuge**

UK Domestic Violence Helpline

**shout** here for you 24/7

**85258**

Free 24/7 mental health text support

**kooth**

Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

Free online Emotional support for young people

You are not alone.

Thousands of parents contact us every year and get the help they need.

T: 0808 802 5544  
E: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
W: [youngminds.org.uk/parents](http://youngminds.org.uk/parents)

**YOUNG MINDS**

**YM Parents Helpline**  
0808 802 5544  
[youngminds.org.uk](http://youngminds.org.uk)  
Mon-Fri 9.30am-4pm

Free parenting helpline: 0808 802 5544

**ChildLine**

0800 1111

**LGBT foundation**

WE'RE HERE IF YOU NEED US

0345 3 30 30 30 [lgbt.foundation](http://lgbt.foundation)

**Qwell**

COUNSELLING.COM

A free online counselling support for over 25s

**Carers UK Helpline**

[advice@carersuk.org](mailto:advice@carersuk.org)  
0808 808 7777  
Monday to Friday, 9am - 6pm

**Cruse Bereavement Care**

Someewhere to turn when someone dies

Samaritans  
Hours: Available 24 hours.

116 123

**THE NEST**

Nurturing Healthy Minds at Brandon Library

THE NEST

Sponsored by

Samaritans

The Nest is a free & confidential mental wellbeing service for young people aged 11-25

We are now running a weekly drop-in

Every Thursday 16.30 – 18.30

email [thenest@groundwork.org.uk](mailto:thenest@groundwork.org.uk) or drop in