

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 56 - May 2026

St Michael's Catholic College, Llewellyn Street, London, SE16 4UN
02072376432 | contact@stmichaelscollege.org.uk
www.stmichaelscollege.org.uk

Welcome to our May Well-Being Newsletter!



St Michael's Mental Health Awareness Week



For this year's Mental Health Awareness Week, the theme was 'The Power of Words'. Our words have the power to inspire and motivate but also the power to hurt. Negative words to others will trigger emotions, actions, and have a profound effect on our thought process.

Our Mental Health Ambassadors held assemblies which focused on the importance of using this power responsibly, i.e. to be mindful on how we communicate with others. Pupils were also asked to reflect on how we often use negative words towards ourselves. Kindness, support and standing up for others can go a long way. 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.

A big thank you to our Mental Health Ambassadors, from KS3 to KS5 for all their hard work! A special mention to Julian O. for his unwavering dedication throughout the week.



Fund-raising for Young Minds



Some inspiring assemblies

Parents' Corner

How to support my child's emotional health



What can I do at home?

- Find time to talk, just the two of you – Choose an informal time, like when going on a walk together or while watching a film on the sofa: 'Check-in' so that they get used to talking about their feelings;
- Play together: play helps children to be curious, learn new things, solve problems and express feelings without words;
- Be a role model: show how you cope with difficult feelings and look after yourself.

Does my child need mental health support?

It is normal to feel angry, sad, worried or stressed sometimes. However, your child might need extra support if they struggle to cope with those feelings.

Look out for:

- sudden changes in behaviour,
- negative thoughts and low self-esteem,
- arguing and fighting,
- sleep problems,
- avoiding school or staying with you all the time,
- aches and pains.

Remember – everyone is different, and these signs might not be related to a mental health problem. Children and young people can be affected by significant changes like:

- death or illness in the family,
- parents separating,
- moving school or moving house
- tests and exams,
- adolescence and puberty,
- relationship and friendship problems.

Try talking to them first. If you are worried, there are some organisations that offer support specifically for children and young people: please refer to page 5 for a list of those organisations.

If their life is in immediate danger, call 999.





Chaplain's Corner



Dear Lord,

In the rush of school life, help us to be still.

Remind us that our value is not found in test scores, social media, or the opinions of others.

Our worth is already within us, simply because of who we are.

Help us to:

Be kind to ourselves when we struggle.

Find courage when we feel overlooked.

See the unique spark in ourselves and everyone around us.

May we remember that we don't have to be perfect to be enough.

Let us walk through this day knowing we are seen, valued, and respected.

Amen





Things to do in London this May half-term

- **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 the May half-term break.
- **London parks:** every London park offers a place of tranquility and beauty.
- **Surrey Dock's 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 half-term activities for children, in London:

<https://www.visitlondon.com/things-to-do/event/45450249-may-half-term-in-london>





Help and Guidance

Services available
all year round:



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/>

