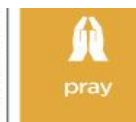


From the Education Office - Special Bulletin



Dear Colleague,

We hope that you are finding opportunities, in these exceptional times, to look after yourselves and that the bank holiday weekend gave you an opportunity for this. Our vocational calling and the significant national responsibilities that you are shouldering can take their toll on your mental health and well-being. Our Prime Minister has asked us all to remain alert and being alert to our own feelings and anxieties is just as important. We best serve our children and their families if we are able to remain healthy and well balanced in mind and body. It is so important to make time for yourself, particularly now, when the feeling of isolation (triggered by government policy) has never been so strong.

I am so proud to be so associated with the family of Church of England schools in this diocese and to the love, care and service that you represent. I encourage you to keep well connected and to let us know if there is anything we should be doing that would better support you at this time. Do contact us on our usual office telephone numbers as these have been routed to our mobile phones. We are here to help and can promise you attentive listening and understanding. The '10 a day choices towards balancing our mental health' poster provides a good general reminder to us all, about the various aspects of our lives that we need to monitor more closely. A copy can be printed from the diocesan website. <https://exeter.anglican.org/schools/mental-health-wellbeing/eh4mh-10-a-day-poster/>

With my retirement getting closer, we are hoping that we might be able to secure some senior leadership capacity from within CofE schools to support Sue Lockwood and the team from September 2020. We are looking to second an individual or two to work alongside Sue for one or two terms to contribute to our work with schools and academies to 'support, champion and challenge school communities to flourish together'. Ideally, these services will be secured through your employer protecting current terms and conditions and pension entitlements. If you have the relevant leadership experience and are interested in working as a secondee within the Education Team, please make contact with either Sue or myself as soon as you are able.

In these challenging times I am reassured that even covid-19 can't separate us from the love of God – continue to keep safe and well:

'neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord'. Romans 8:39.

God bless

John Seanson

We have set up a webpage which we will continue to update during this period. You can access this page using the following link:

<https://exeter.anglican.org/schools/coronavirus-resources/>

We also have a Facebook Page. Please like and join our page and group 'Exeter Diocese's Education Team'

Join weekly collective worship sessions, led by Church of England's schools and in partnership with those of other faith traditions. Suitable for those of all faiths and none. [Click here](#). You can find out future themes on the Church of England [website](#).

Grief and Bereavement: Sadly, it is likely that many in our school communities will be affected by Coronavirus and we have produced separate suggestions of [bereavement resources](#) for those supporting others after a bereavement. Included are some ideas to help children and young people explore feelings of loss of all kinds; [Exploring Loss with Children](#).

St Christopher's Primary Multi Academy Trust have released a [Bereavement Policy Guidelines 2020](#). The model document from Simon Says (including information from Babcock LD's Critical Information Pack) has been distributed for guidance.

Have you engaged with the '**Called, Connected, Committed**' resources from the Church of England Foundation for Educational Leadership yet? If not, do take a look at this week's leadership practice focus: [Developing Imagination](#) - hopeful leadership begins with the capacity and space to imagine a future that does not yet exist.

The **Young Minds** [website](#) has guidance on how to provide mental health support for young minds during the pandemic.

Kooth is an online mental wellbeing community providing free, safe and anonymous support. Their community is here to support individual through anything. Big or small. [Click here](#).