

EDUCATION NEWSLETTER FROM THE EDUCATION TEAM AT THE DIOCESE OF EXETER

Dear Colleagues,

Life is moving at pace currently and we see new challenges arriving daily. As leaders you are responding and adapting with great tenacity to fulfil the requirements of the Government and more importantly to meet the needs of our children, young people, families and your staff. We appreciate these needs are often significant and we thank you for the love, respect and dedication with which you are serving your communities. As Mahatma Gandhi stated, *'where there is love there is life.'* There is hope too and you are shining examples of this.

In amongst our care of others, we must also find time to sustain ourselves. It is only too easy to push our own wellbeing aside and to think we must keep doing more. To quote Gandhi again, *'Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny. The future depends on what you do today.'*

It is essential you give yourselves time to rest, recuperate and recharge and as such we invite you to join us for 30 minutes each Friday (1.30pm) for spiritual refreshment. This is a time to stop, to pray, to reflect and to be refreshed in a dedicated time of God's presence.

Kind regards,

Sue Lockwood

Acting Diocesan Director of Education

"Let us love, not in word or speech, but in truth and action." (1 John 3:18)

Diocesan Day of Prayer for Schools – 2nd February: The Bishop of Exeter has called upon people from across the whole of Devon to join in a day of prayer for all Devon schools, their staff, students and parents. He states, "Education professionals are demonstrating a level of commitment to the children and young people in their care that is truly inspiring." Find out more information [here](#).

One in six school-aged children in the UK now has a diagnosable mental disorder: 50% of those with lifetime mental health problems first experience symptoms by the age of 14. Resources to support our children and young people and their families include:

- [Place2Be](#) is a children's mental health charity that provides counselling and mental health support and training in UK schools. Their tried and tested model is backed by research.
- [MindEd](#) is a free educational resource from Health Education England on children and young people's mental health.
- [Rise Above](#) aims to build resilience and support good mental health in young people aged 10 to 16.
- [Every Mind Matters](#) includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing.

This week is **Children's Mental Health Week** and has the theme Express Yourself. Free resources are available [here](#) to support primary and secondary schools.

Online Children's Mental Health Training free: Place2be are offering a five week [free mental health training](#) that aims to foster positive wellbeing in schools and communities. The course focuses on:

- Understanding mental health and wellbeing: Factors that contribute to positive mental health and wellbeing.
- Nature and nurture: How early experiences shape the way we perceive ourselves and relate to others, and how those experiences create the pathways in the brain that support our development.
- How you can help: A child's behaviour might be communicating about their underlying needs.
- Mental health: The importance of positive mental health for everyone with a focus on the adults around a child.

To be eligible for this funded programme, you need to have UK QTS, be an NQT or have a permanent role in school.

Be a Governor: We are relaunching our campaign this term to attract new and skilful foundation governors and directors for our schools. Please keep us up-to-date with any vacancies so that we can ensure volunteers are placed where the needs are greatest. Email governance@exeter.anglican.org to update records or for more information click [here](#).

Training and network opportunities are detailed in our Spring 2021 [programme](#) and can be **booked online** [here](#):

- Covid support group (for school leaders) session at 13:30 – 14:30 on the 2nd & 23rd February, and the 9th March.
- Governor refresher training – Tuesday 2nd February, 10:00 – 12:00
- Understanding Christianity – Friday 5th February, 09:30 – 13:00
- Exeter Diocese MAT Leadership Forum (EMLF) - Wednesday 10th February, 10:00 – 11:00
- Relationships, Sex, Health Education (RSHE) – Wednesday 24th February, 16:00 – 17:30
- Creative, spiritual, and thoughtful RE looking ahead (Lat Blaycock) – Thursday 25th February, 13:00 – 15:00
- Secondary School Leadership Forum – Tuesday 2nd March, 10:00 – 11:00
- Governor / Director Induction (2 part course) – Wednesdays 2nd & 9th March, 17:00 – 18:30
- Introduction to SIAMS – Wednesday 3rd March, 09:00 – 13:00

