

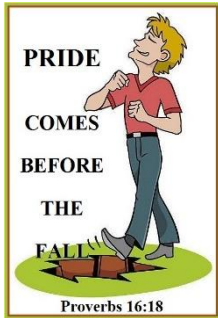


Carlisle Diocesan Board of Education

www.carlislediocese.org.uk/education

Weekly Communication: 27th April 2023

Reflection:



My reflection this morning in my *One Minute with God* devotional made me chuckle. Hope you enjoy it too ...

Jesus had every right to strut His stuff.
But He washed the disciples' feet instead.
The best way for you to be honoured by God,
Is to follow His example and take the lowest position.



Peer Support Networks

School Leaders:

We meet on zoom for a 90-minute session. This year, we are focusing on the theme of **Justice** including reflections for you and your school, questions and resources to use in your context, supportive conversations with your colleagues and generally time to refill your reservoirs!

Next Sessions:

Wednesday 24th May (1.30-3pm)

Monday 26th June (afternoon - this one we hope will be face to face)

Governors:

We are a friendly bunch and there is always a section where you can bring your governor issues and we use our group expertise to try and help.

Next Sessions:

Monday 22nd May (6.30-8pm)

Thursday 8th June (5-6.30pm)



Do get in touch if you have any questions,

Ruth Houston, Schools Adviser ruth.houston@carlislediocese.org.uk

Understanding Burnout

Burnout is a phrase often heard and indeed, research tells us that if asked to identify what burnout looks like, most adults will correctly name some of the symptoms. However, overall, it is sometimes a word thrown around without full understanding and the impact of that is poor recognition of serious signs and indicators leading to long term consequences.

Burnout is physical and emotional exhaustion and occurs when an individual has been exposed to long term stress, or a physically or emotionally demanding role over a period of time.

Common signs of burnout include:

- Feeling tired or drained most of the time
- Feeling helpless, trapped and/or defeated
- Feeling detached/alone in the world
- Having a cynical/negative outlook
- Self-doubt
- Procrastinating and taking longer to get things done
- Feeling overwhelmed



There are also stages to burnout; rather like a tide, it does tend to creep up on people and recognition that something is wrong doesn't happen until the issue becomes quite serious. Recovery from a full burnout is not as simple as having a period of time off work; to repair the physical, emotional and mental damage takes a considerable amount of time and a multi-faceted approach.

To have knowledge as individuals and within an organisation is powerful; it becomes easier to identify concerns, hold structured conversations and plan for the right interventions before a person reaches the later stages.

Next week, I will look in greater depth at strategies for dealing with burnout in the workplace.

**Pam Weeden, Diocesan School Adviser
Executive Coach**

Looking for a programme that supports pupils to develop courageous advocacy, leadership and character and to serve their communities? Come and find out more about the **Archbishops' Young Leaders Award** Programme through our free online sessions this term for both Primary and Secondary schools.



Free Twilight Webinars

Introduction to the Young Leaders Award

Primary KS1 & KS2

Wed 26th April, 4:00-4:45pm

Tues 16th May, 4:00-4:45pm

Thurs 8th June, 4:00-4:45pm

Wed 5th July, 4:00-4:45pm

Secondary KS3

Wed 24th May, 4:00-4:40pm

Tues 13th June, 4:00-4:40pm

Secondary KS4/+16

Tues 9th May, 4:00-4:40pm

Wed 21st June, 4:00-4:40pm

To book a place visit abyyt.com/events
Queries? Contact us on AYLAevents@churchofengland.org

If you have any questions, please get in touch.

Best wishes

Clair Kitching

Regional Schools Worker

The Archbishops' Young Leaders Award

07704 153738

www.abyyt.com



Coronation Resources:

New Coronation resources from the Church of England Education Office are now available.

The resources include:

- A podcast of children's Coronation stories
- A resource pack for schools and assemblies
- Coronation colouring packs, arts and crafts and other resources



Church of England website: www.churchofengland.org/coronation



Defender of us all Song (backing track and lyrics) attached



**Picture
News**

This Friday's Picture News pack will be all about the upcoming Coronation of King Charles III including collective worship guidance. As it's such a big event, we've decided to send this pack free of charge to all who would like to use it! The link to request the pack can be [found here](#).



Diocesan Year 6 Leavers Services

The much-loved Leavers Services will, once again, be taking place **in June in Carlisle Cathedral and Holy Trinity Church, Kendal.**

Holy Trinity Church, Kendal Monday 12th June at 11am
Carlisle Cathedral, Tuesday 13th at 11am
Carlisle Cathedral on Thursday 15th at 11am
Carlisle Cathedral on Thursday 15th at 2pm
Carlisle Cathedral on Friday 16th at 11am

We anticipate the services to last approximately 1 hour.

To book your school's place please contact **Andrea Armstrong, Kirkbampton School** with the following information:

- Date preference (1st and 2nd choice) and venue
- Number of pupils attending
- Number of staff attending
- Any access arrangements (i.e. wheelchair users)

aa@kirkbampton.cumbria.sch.uk 01228 576377



Every effort will be made to try and accommodate schools' choices. However due to the seating capacity of the Cathedral, we may have to offer you an alternative slot.

Huge thanks to Andrea for all the hard work to make these special services happen once again.

Thank You



You are very welcome
to join us to:

Hear from Tim Abbot from
Prayer Spaces in Schools
about the practice and impact that
prayer spaces can have in the
classroom

'What spiritual development
opportunities do you offer outside of RE
and Collective Worship?'

Network

Advice Support

Share ideas
& resources

Q&A

Headteachers,
senior leaders,
RE leads &
teachers
please join
Laura Watson

Tuesday
9th May

4:00pm – 5:00pm

Online (link will be sent
with booking confirmation)

Receive updates
on national and
local news &
initiatives



Summer Distinctiveness Network Meeting

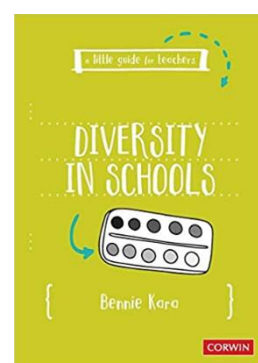
RE, Collective Worship and more...

[To book a place click here](#)

Equity, Diversity Inclusion Book Club:

Thank you to those who joined us last time to discuss
more chapters in this wonderful little book.

We are next meeting on: **Thursday 15th June 4-5pm online**





Visits and visitors to enhance your RE teaching and learning

We are updating our list of visits and visitors and would appreciate any people or places you have used, or know about, to add to it.

It can be within Cumbria or out of county; online or virtual offerings and paid or free learning opportunities.



We are looking for any religions and worldviews, so we can support with diverse and inclusive examples of people and organisations to approach, and places and buildings to visit.

Please email laura.watson@carlisle-diocese.org.uk with your current offerings of visits and visitors.

Thank you



niscu is a charity with over 40 years experience working in schools in the North West of England

We are delighted to be able to increase our provision in schools to now include listening services.

This means that we are working with the pastoral lead at your school to support children and young peoples' mental wellbeing through the active listening programme.

"Promoting children and young people's wellbeing is a key part of keeping them safe, helping them develop and ensuring they have positive outcomes into adulthood."

(Public Health England, 2021)



CONTACT DETAILS

A GUIDE FOR TEACHERS

WHAT IS IT?

1-2-1 Listening is a service that NISCU provides to schools whereby we take local volunteers, train them to listen using Acorn Listening services model of effective listening and then apply it specifically to a school context. It is an early intervention strategy with the aim of preventing any concerns a child might have developing into serious issues by providing the child with an adult whom they can simply chat to about whatever is on their mind.

www.niscu.org.uk/121listening

niscu: for more information about how niscu oversees the service,
email: jane.callow@niscu.org.uk

in school: email your school pastoral team lead to discuss any school aspects directly with them:

contact:

1-2-1 LISTENING SERVICE

It's important to create an open environment where children and young people can talk about how they feel without judgement.'

<https://learning.nspcc.org.uk>

HOW DOES IT WORK?

How does 1-2-1 Listening work in practice?

Trained volunteers are matched with schools in the local area and the pastoral staff at the school decide which children would benefit most from the service. The sessions are held in a quiet, calm place and last for approximately 20 – 30 minutes. After introductions and maybe some 'small talk', the volunteer uses 3 main questions:

- Out of all you have been saying, what is most important
- Is there anything you would like to do about it?
- Now we are finishing, can you say how you are feeling?

The number of sessions a child has is mainly decided by the pastoral staff with some input from the volunteer. Client confidentiality is respected except when a disclosure is made, then everything is carried out in line with the school's Safeguarding Policy, which needs to be discussed with the volunteer prior to their first session.

It is important to note that 1-2-1 Listening is **not a counselling service** and volunteers are not to give advice, other than signposting pupils when appropriate.



WHAT ARE THE BENEFITS OF USING 1-2-1 LISTENING?

1-2-1 Listening not only benefits a child's mental wellbeing it also helps to enhance their academic learning, as they go back to class better able to focus on the task in hand, rather than with the thoughts that were swirling around in their head still occupying valuable 'thought space'. 1-2-1 Listening also provides the children with a tool to use throughout their lives.

This was demonstrated by a child in a school who didn't arrive for her third session. When she was tracked down and asked why she wasn't at her session, she said she didn't need to go anymore because she now knew what to do when something was worrying her!



'Those interviewed highlighted that listening and support is one of their main mental health needs.'

"Listening to Children" published by The Mental Health Foundation and Bright Futures: [listening_to_children.pdf](https://www.mentalhealth.org.uk/publications/listening-to-children) (mentalhealth.org.uk)

Courageous Advocacy

Carlisle Diocese is partnering with **Christian Aid** to offer schools a **FREE** termly training session - helping you to develop your understanding and practice in relation to courageous advocacy.



THANK YOU to the 17 schools that attended our first session online

Our next session online is: Wednesday 28th June.

You will use the Global Neighbours criteria as a framework, with an aspirational goal for some schools of achieving the Global Neighbours award at the end.

FREE RE webinars for those new to teaching RE:

[Click here to sign up](#)

A poster for Early Career Teachers. It features a portrait of Mark Patrick, a man with glasses and a beard, wearing a dark sweater over a collared shirt. The background is a purple and blue gradient. The text "Early Career Teachers" is written in a white, cursive font. Below it, a quote from Mark Patrick reads: "I joined as a trainee and have found the support offered by NATRE, in particular the NEW2RE programme, utterly invaluable in helping me to develop my subject knowledge and teaching practice, and to be aware of current debates in the subject." The NATRE logo is in the top right corner. Below the portrait, the text "Mark Patrick, Teacher of RE, Member since 2020" is written.

Are you a primary or secondary Early Career Teacher of RE or an experienced teacher who is new to the teaching of RE?

These online sessions are a series of **FREE** monthly webinars designed to support you develop your subject knowledge skills. It will also provide evidence to meet the ECT standards.

Register via the form below to ensure you don't miss out!

- 13 February 2023: Café NATRE – Taught session: Focus on Hindu Dharma
- 13 March 2023: Café NATRE – Subject knowledge Judaism
- 15 May 2023: Taught session - Multi-Disciplinary RE
- 12 June 2023: Taught session - Focus on Sikhi
- 10 July 2023: Café NATRE - Subject knowledge Christianity

Montreal Primary School Stays at the recently renovated

❖ Bunkhouse at Rydal Hall ❖

Rydal Hall was pleased to welcome Montreal Church of England Primary School. They were the lucky winners of a two-night stay in our newly refurbished Bunkhouse on Thursday 23 March 2023.

Upon arrival, the children were taken to the bunkhouse where our staff were waiting to complete their first activity of the day. They also learned about tree classification, looked for bugs and collected resources for making a bug hotel.

The children then worked in teams to complete their own bug hotel in the Barn. They successfully constructed it and added paint along with sticks and pinecones. We were impressed at what the children produced and proud of their attitude and perseverance.

After the first activity, the children explored the grounds. They loved the gardens and the view of the waterfall from the Grot.

These are some of the comments from the children and also from the Teacher Mr Mark Pattinson about their visit to Rydal Hall and the Bunkhouse.

Oliver Moore, aged 7, said "I really enjoyed staying in the room with my friends and I think making the bug hotels was really fun."

Joel Faragher, aged 9, said "I enjoyed painting the bug hotels with my friends."




The children had a very comfortable stay in a beautiful, tranquil location. Thank you for such a wonderful stay at Rydal. The staff were extremely helpful.

The rooms are spacious, the main dining/living room is well equipped providing everything that is needed for a comfortable stay. The staff were brilliant in modelling the construction and supporting the children.

The children enjoyed the practical activities and displayed fantastic teamwork. We would definitely recommend a stay at Rydal Hall.



The Diocesan Education Office Team:

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Dorothy MacLeod	Buildings Finance Officer 07920 846675		Margaret Taylor	07825 871910	
			Pam Weeden	07511 048318	

As always, if you have any questions about any of the information contained in this week's communication, don't hesitate to get in touch:



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