

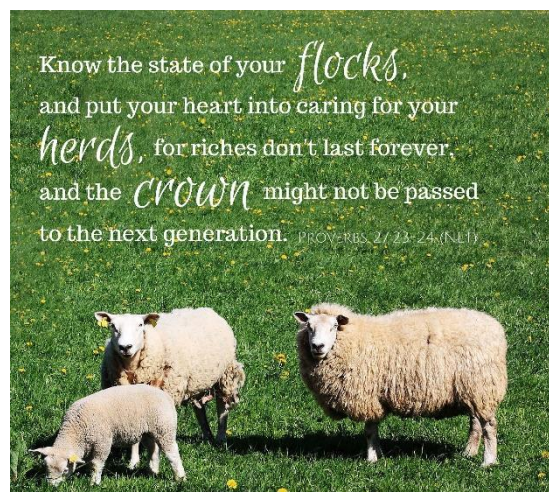


Diocese of Carlisle Board of Education

www.carlisle-diocese.org.uk/education

Weekly Communication: 19th November 2021

Reflection: Proverbs 27:23-24



We reflected on what these two short verses mean for us in our current context.

We spoke about the importance of not being complacent because things can change very quickly.

However, we also discussed the reassurance that knowing things will change soon can bring when we are in a tight spot and things seem almost impossible to cope with. If you are finding your role particularly difficult at the moment, hang in there, change is just around the corner.

And remember, we are here if you need someone to speak to.

Training for Clergy – thank you!

Many thanks to those of you who have been in touch to offer help for the Curates' training day on 7th December.

I've now had an initial planning meeting and am currently trying to put the day together. I will be in touch as soon as possible to discuss with you how best to incorporate your kind offers into the day.



Perspective Lite:

We were pleased to welcome Simone from Angel Solutions to Huddle with us this week.

As a team, we have been trialling one of their products, Perspective Observatory, since the summer and all members of the team including our Consultants are now using it to keep in touch, and to share and record securely relevant information or documents.

All schools have access to a free tool Perspective Lite which you can use in a variety of ways including accessing Watchsted and data manipulation and presentation.

If you'd like to know more about Perspective, please get in touch with Morven.

<https://www.angelsolutions.co.uk/products/perspective/lite/>

Training:

Don't forget, if you are looking for ideas to help you to recruit or hang onto governors, do join Morven for:

Successful Recruitment and Retention of Governors on Wednesday 1st December at 6pm

There is also an opportunity to attend **Understanding Christianity** training with Laura Watson, our RE Consultant in the New Year (poster below). **Please note that due to more interest for the April course in the West of the County rather than the South, the April course will now be in the West.**

Simply email education@carlisle-diocese.org.uk to join any of our courses or events.

There's always lots going on. Don't forget to keep an eye on our [Events Programme](#):

Heads Huddle:

Heads Huddle is a weekly opportunity to meet with fellow school leaders and members of the Diocesan Education Team in a relaxed and informal online chat.

Please do join us to share the highs and lows of the week; to take a moment for reflection; to enjoy some mutual support; to ask any questions on your mind; and to receive any updates available.



We'd love to see you at 3.45pm on Tuesdays whenever you can make it.

<https://us02web.zoom.us/j/88350734545?pwd=aEFSQlk3Wm5qK2FWNk8wSoxVNC84dz09&from=addon>

Feedback from Headteachers: themes of the week

Running a COVID unit: many of you reported that you still feel more like you are running a COVID management unit than a school with outbreaks and second waves hitting across the county.



Treadmill to nowhere: one headteacher described her life as being like running flat out on a treadmill but going backwards. We spoke about the importance of needing to find just a little bit of 'me' time to keep us sane and stop us completely burning out by working all evening and all weekend.

Tough week: one headteacher had had a particularly tough week involving a funeral, a dismissal, and a child taken into care – a stark reminder that the role of headteacher is about far more than teaching and learning. Often it can feel more like being a grief counsellor, social worker or HR department. It can be really harrowing supporting colleagues, families and pupils in situations such as this – make sure you find someone you can trust to speak to confidentially. Your Diocesan Link or any of the team are happy to be that person.

In cheerier news: one school managed an overnight funded trip to Brockhole for some pretend normality.



Three cheers for Parton: for any of you who followed the awful news in the summer that a landslip threatened to wipe out St Bridget's School, Parton, requiring the entire school to relocate to portacabins on the Bransty School site, you will be delighted to hear that they are nearly able to move back home.

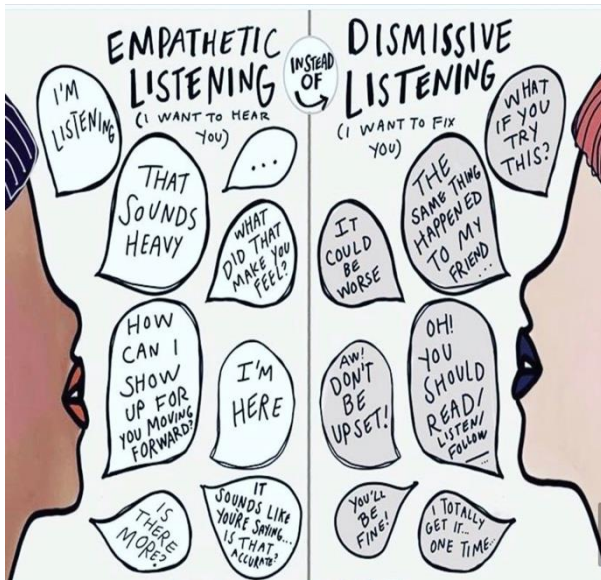
Headteacher, Ruth, shared some of her experience over the last four months and brought us all a little Hope & Joy by reminding us that **“School is the body of people not the building.”** Thanks Ruth.

Wellbeing Corner:



Click for our full Wellbeing Strategy

'Listening is often the only thing needed to help someone'



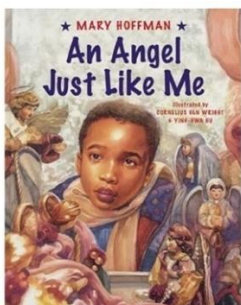
What kind of listener are you? How confident are you in the quality of your own listening? Listening is something we do everyday; it is critical to effective communication and a feature of all kinds of human interactions. However, what is less certain is the quality of that listening. The reality is in most cases, we listen to respond rather than to understand. We listen to hear the answer to a question, we listen to and latch on to a trigger point, which then causes us to bring our self into the conversation, or we listen with the intention to make a specific point and we are waiting for an appropriate moment.

True empathetic listening involves more than just our ears; we also need to observe what the person is doing and feel the emotion they are communicating through their energy. We need to use what we are hearing, feeling

and seeing in order to gain an insight into what it means to be experiencing the world through their lens at this moment in time and then communicate this understanding back. We don't have to agree; we just have to understand.

The skills associated with empathetic listening include reflecting back: "what I am hearing is..." and "what I feel from you is...", for example. They also include questioning to clarify and summarising: "let's just recap everything we have talked about. This is my understanding of...; am I correct?" True empathetic listening takes time to master; it is like a muscle and needs regular exercise. However, when a person finds themselves being held in a safe space, clear of any judgement, opinion or advice, where they can talk with openness and be truly understood, the experience is profound, sometimes emotional, and often all that is needed to unlock a move towards positive change.

Inclusion Corner:



The Dioceses of Winchester and Portsmouth have shared an exciting Christmas project which challenges the stereotypical portrayal of angels in books, on Christmas cards, in nativity sets etc as white with golden hair.

Everything you need is attached separately.

Do let us know how you get on. We'd love to hear how your pupils respond.



Great news from @educationgovuk - all NPQs are now fully funded to all teachers/leaders in all state schools in England!

Time to get involved for our @CofE_EduLead NPQH February intake.

Good Shepherd Trust have experienced facilitators and coaches based in Cumbria to support you or your colleagues on your or their leadership journey.

Sign up today!

Go to: www.cefel.org.uk/npq to find out how



SIAMS Update

If you are expecting an inspection during this academic year, please do discuss with your Diocesan Link any support you might need as you prepare.

Remember, if you have purchased the Enhanced Partnership Agreement Package, there is no charge for support.

- The rate of inspections is beginning to pick up. Two schools are being inspected next week.
- Grange School's report is now final and about to be published. Congratulations to the whole team at Grange on such a wonderful outcome.
- The **Revised Evaluation Schedule** suite of other documents is available here:
- <https://www.churchofengland.org/about/education-and-schools/church-schools-and-academies/siams-inspections>



The NISCU team currently have a vacancy for a Youth/Schools Worker in the Furness area (South West Lakes).

If you know anyone who might be interested (a teaching assistant who wanted to add 8 hours to their working week for example), do please encourage them to take a look at the details which you can find [here](#)



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I wanted to share our new free resource for Advent this year: '**Community Matters at Christmas**'. The resource is available for order now.

Throughout Advent we will explore different communities from the Christmas story, see what they can teach us about community and how they can inspire us to make a

difference this Christmas. Over four weeks, the resource celebrates how **community** can bring us **joy, acceptance, generosity** and **love**. The resource includes videos of pupils talking about their communities, bible links, reflections and practical challenges and can be used in the classroom or in collective worship.

Schools can sign up here: <https://www.abyyt.com/advent>

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

Charlotte Tudway

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www.carlisle-diocese.org.uk/education

07917 993659





A resource of theological literacy, that explores the impact of Christianity and encourages reflection and connections.



UNDERSTANDING CHRISTIANITY TEXT IMPACT CONNECTIONS

- 7 modules over 4 sessions
- Teacher's handbook
- 22 units of work
- Wall frieze of the Bible
- Folder of photo-copiable resources
- Online access to resources
- Follow up support from the Diocese

Understanding Christianity for Primary Schools

North Cumbria

Monday 10th January
Church House, Penrith. 9:30am-
3:30pm

West Cumbria

Tuesday 19th April
Location TBC.
9:30am-3:30pm

Follow up sessions:

Monday 9th May 4-5:30pm online
Monday 13th June 4-5.30pm online
Monday 4th July 4-5.30pm online

Trainer: Laura Watson – RE Consultant Carlisle Diocese

Cost: £195 to include the resource folder
£100 without the folder; ideal for new staff in school

For further details or to book a place please contact:

education@carlisle-diocese.org.uk or laura.watson@carlisle-diocese.org.uk

RE Today
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