

Diocese of Carlisle Board of Education

www.carlislediocese.org.uk/education

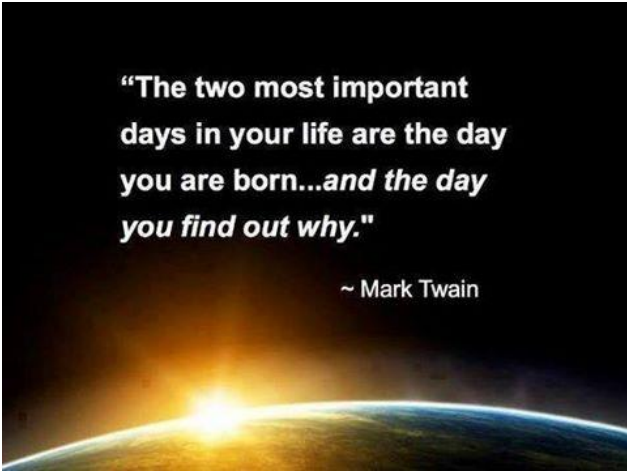
Weekly Communication: 24th February 2022

Reflection:

Most of us working in the education sector know exactly what we were born to do but it doesn't harm us to be reminded once in a while.

Yesterday morning I spent a couple of happy hours in the company of the inspirational Janett Walker, CEO of Anti Racist Cumbria. Janett is a person who didn't think "someone" ought to do something about this. She said "I need" to do something about this and then off she went and did it. She's making the world a better place, one small step at a time.

We are delighted that Janett will be joining us for our annual Conference on **Thursday 16th June 2022**.



"The two most important days in your life are the day you are born...and the day you find out why."

~ Mark Twain

The Theme of this year's conference is: *Made in the Image of God*

Venue: Roundthorn Hotel, Penrith CA11 8SJ

Arrival: Breakfast rolls served from 9am

Speakers: Prof Paul Miller, Educational Equity Services

Janett Walker, CEO Anti Racist Cumbria

Dr Margaret James, National Director of SIAMS

Cost: £50 for Enhanced Partnership Agreement Schools with a free Foundation Governor place
£120 per person for anyone else

Booking: To save your place, email Morven: education@carlislediocese.org.uk

❖ **More information will follow next week – watch this space** ❖

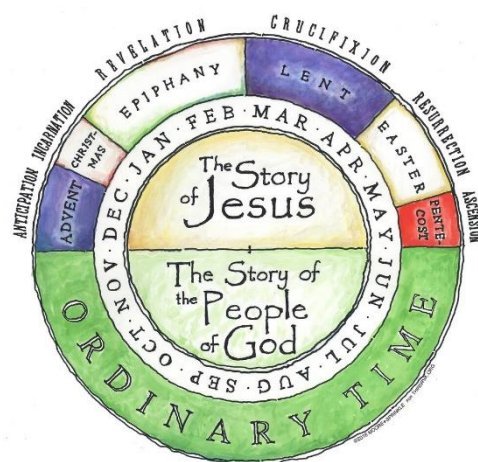
Let us consider how to stir up one another to love and good works *Hebrews 10:24*

Church Corner

This week: Ordinary Time between Epiphany & Lent
Colour: Green

We're introducing a new 'Corner' this week. Lots of you ask for information about liturgical colours and what's going on in the church calendar.

Church Corner will keep you up to date with where we are in the church's year and what might be happening at your local church(es) on Sunday, in case you want to refer back to it in acts of collective worship in your school next week.



Sunday 27th February: The Sunday next before Lent

In many churches, the readings will include the story of The Transfiguration from [Luke 9:28-36](#). Jesus ascends a mountain with some of his disciples, shining with brilliant light in the presence of the Old Testament figures Moses and Elijah. Peter seems to want to stay on the mountaintop and live in this glimpse of heaven, because he offers to build shelters for the others. The voice of God, however, commands the disciples to listen to Jesus, and the heavenly vision disappears, suggesting that Christians have an important calling on earth, as well as toward heaven. We are reminded that Jesus is God of the living, not the dead ([Matthew 22:23-33](#)); but that, like the prophets of old who return in this scene, we too might hope for eternal life with God. The vision also emphasises Jesus as God's anointed: a bridge between earth and heaven, the natural and supernatural. ST

Training:

Coming up this half term:

Peer Support Network for Headteachers: Monday 28th February at 1.30pm or Tuesday 1st March at 10am

Effective RE Governance: Thursday 10th March at 4pm

Preparing for a SIAMS Inspection: Thursday 17th March at 4pm

New and Acting Headteachers Induction Programme (Ethos and Culture): Wednesday 23rd March at 1pm

NEW COURSE Spiritual Development (*how to plan for it and evidence success in an inspection*) Wednesday 23rd March at 4pm

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](#).



Support for teaching Islam

<https://muslimlearnerservices.org/>

With Ramadan starting around the 2nd of April, Imran Kotwal from Muslim Learner Services is offering a **FREE virtual** Teaching & Learning about Ramadan & Eid CPD session for Primary School RE Leads, Teachers and/or Headteachers.



15th March 2022 4-5pm or 29th March 2022 4-5 pm.

Description: In this session, we will explore questions like: What is Ramadan? Why do Muslims fast? Why do some Muslims in Britain start Ramadan on different dates? Do all Muslims need to fast? What is Suhoor & Iftar? What is the Night of Power? What is I'tikaf? How do Muslims celebrate Eid-ul-Fitr?

This virtual session led by a British Muslim teacher will help primary colleagues develop an in-depth understanding of Ramadan & Eid. There will be an opportunity to ask questions throughout the session and all schools will be provided with FREE training materials and resources to use with pupils. By the end of the session, you will be able to confidently lead a Ramadan / Eid-ul-Fitr assembly or lesson for all your primary pupils!

Places are limited to one free place per school.

To book your place please complete the booking form [HERE](#)

Peer Support Network:

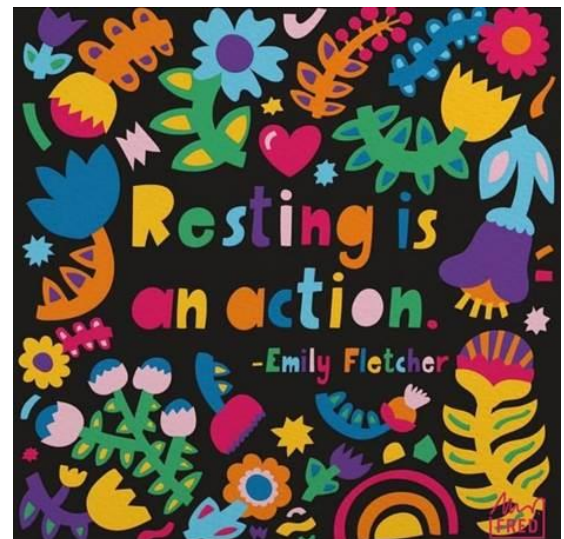
*Our next Peer Support Network sessions are next week and will **both be online.***

Monday 28th February 2022 @1.30pm

Or

Tuesday 1st March 2022 @10.00am

Remember, these are the same session repeated at different times. We know how busy you are so please come for as long as you can and feel free to arrive late and leave early. We would also really appreciate it if you could bring (or send in advance) a photo of something recent and wonderful that has happened in your school.



Please contact Morven at education@carlisle-diocese.org.uk for the Zoom link and to be added to the mailing list.



Church of England NPQs

This short video answers many of the questions we are regularly asked about NPQs – which one is right for teachers and leaders at different stages of their career and with different responsibilities? Who is delivering the courses in our Area? Do have a look. Even if you aren't thinking of a qualification for yourself right now, you may be struck by one of them which might be relevant for a colleague or a friend.

For more information or if you have any questions, please contact Chris Boucetla:
siochrisb@thegoodshepherdmat.co.uk

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://uso2web.zoom.us/j/88350734545?pwd=aEFSQlk3Wm5qK2FWNk8wSoxVNC84dz09&from=addon>

Wellbeing Corner: The Four Horsemen of a Fixed Mindset



Click for our full
Wellbeing Strategy

Our minds are powerful things; they have a capacity far beyond our comprehension. In truth, we are only aware of a very small percentage of the complex processing that is taking place underneath our skull bones. The things in our awareness are within our ability to work with, influence and master over time; however, what is going on in our subconscious is a whole, different story. This is a like a black hole of mystery to us and yet it has a huge and significant impact on how we show up in and experience the world.

In our subconscious, we store our biases, the messages we are given in our early years, the impacts of our parenting and the authority figures we encountered and so on. Over time, these form what are known as limiting or 'shadow' beliefs, or misconceptions about ourselves, others, the systems we operate in and the world at large, which ultimately affect our emotional responses to events and as a consequence, our behaviours and our mindset.

THE FOUR HORSEMEN AND HOW TO STOP THEM WITH THEIR ANTIDOTES

<p>CRITICISM Verbally attacking personality or character.</p> 	<p>GENTLE START UP Talk about your feelings using "I" statements and express a positive need.</p> 
<p>CONTEMPT Attacking sense of self with an intent to insult or abuse.</p> 	<p>BUILD CULTURE OF APPRECIATION Remind yourself of your partner's positive qualities and find gratitude for positive actions.</p> 
<p>DEFENSIVENESS Victimizing yourself to ward off a perceived attack and reverse the blame.</p> 	<p>TAKE RESPONSIBILITY Accept your partner's perspective and offer an apology for any wrongdoing.</p> 
<p>STONEWALLING Withdrawing to avoid conflict and convey disapproval, distance, and separation.</p> 	<p>PHYSIOLOGICAL SELF-SOOTHING Take a break and spend that time doing something soothing and distracting.</p>  <p>The Gottman Institute</p>

The Four Horsemen of the Fixed Mindset, a phrase coined by Gottman, looks a set of four behaviours that can occur as a result of a fixed mindset and the subconscious drivers influencing this: these he summarised as **Criticism, Contempt, Defensiveness and Stonewalling**. Gottman applied his theory to relationships and studied how the Four Horsemen behaviours had the potential to lead to the breakdown of relationships of any kind, be that with a spouse, a friendship etc. He went on to identify a series of antidotes; these being behaviours and actions that can bring more positivity and appreciation back into a situation. However, what if we considered Gottman's model through the lens of the relationship we have with our own Self? What if we think about what it is we say to our 'selves' when something goes wrong or we find ourselves in times of extreme stress?

To do the real deep work with our subconscious can require therapeutic support to help us see what may be hidden from our view and there is a long-term commitment needed. What Gottman offers here are some quick and 'easy to implement' strategies that have the potential to bring about a shift. For example, if you find

yourself stuck in feeling helpless or slipping into a victim role, what changes if you consciously and deliberately look for what you could take responsibility for when it comes to empowering yourself?

It is always worth remembering that at one time, it was considered impossible for anyone to run a mile in less than 4 minutes. Until someone did. What history doesn't record is that once Roger Bannister had achieved his infamous result, very quickly afterwards a number of other people did. It appears that once it was proved possible, perceptions changed and mindsets changed. Minds are a great tool; getting to grips with your own can pay dividends.

For schools which are Admission Authorities:



You may recall that, back in the Summer Term 2021, when I notified you of the changes needed to comply with the School Admissions Code 2021 (which came into effect on 1st September 2021) I recommended using the Church of England's Admission Builder Tool:

<https://www.churchofengland.org/about/education-and-schools/admissions-arrangements>

Whilst I still strongly encourage the use of this tool, which makes it very easy for you to be sure your policy complies with the new Code, some of you have reported having difficulty using it. I have reviewed a large number of draft Admissions Policies which were not compliant recently. I have therefore put together an updated Model Policy (attached) and which I hope you will find helpful.

SIAMS Update

Updated SIAMS documents are available on the [SIAMS pages](#) of the Church of England website.



Notification phone calls recommenced this week.

In-school inspection activity will recommence during the week beginning 28th February.



With 6 weeks of content, **Way Maker** takes pupils on a journey through Lent, reflecting on Jesus' ministry and his example of being a 'Way Maker' and serving others. The 6 sessions help pupils to explore what it means to be: servant hearted, compassionate, accepting, bold, forgiving and a light in the darkness. **Way Maker** helps pupils consider what these examples mean for their own lives and the practical actions they can take to become way makers in their community.

Each week includes:

- Introductions
- Bible links
- A video
- Questions and challenges
- A prayer

This resource can be used in the classroom or in collective worship. Challenges can be done individually or as a group or class



Picture News

Picture News

Some of you have told me that, although you really like the Picture News resources, you don't use them often enough to justify the cost.

I've been in touch with Picture News who have offered a monthly subscription for £80 per annum.

If this is something you are interested in or would like more information, please contact Katie Harrison: help@picture-news.co.uk. I have told her to expect some emails!



If you have a vacancy you would like to advertise here, don't hesitate to send it to charlotte.tudway@carlisle-diocese.org.uk. I aim to send out the weekly communication each Thursday so any 'copy' would need to be with me by Wednesday evening (or early Thursday morning) to make it into that week's edition.



Lazonby School is currently looking to recruit a part-time SENCo.

If you know someone who might be interested, please ask them to contact: andrew@lazonby.cumbria.sch.uk for more info



Patterdale School are seeking a new Clerk to Governors

Please email Mandy if you know someone who might be interested
info@patterdale.cumbria.sch.uk

HEADTEACHER VACANCIES

The following church of England Schools are currently advertising for a new Headteacher:

- ❖ Culgaith
- ❖ Dalton St Mary's
- ❖ Dent
- ❖ Patterdale
- ❖ St James' Infant, Whitehaven
- ❖ St James' Junior, Barrow
- ❖ St Michael's Nursery and Infant, Workington



For more information, visit Cumbria County Council's website by clicking on the logo above.

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:

Charlotte Tudway

Deputy Director of Education

charlotte.tudway@carlisle-diocese.org.uk

www.carlisle-diocese.org.uk/education

07917 993659

