

## Diocese of Carlisle Board of Education

[www.carlisediocese.org.uk/education](http://www.carlisediocese.org.uk/education)

**Weekly Communication: 3<sup>rd</sup> March 2022**

### A Prayer for Ukraine

God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion  
to guide their decisions.  
Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.  
Amen.

Archbishop Justin Welby  
Archbishop Stephen Cottrell



Educational  
Equity  
Services

## Carlisle Diocesan Board of Education: Leaders' Conference 2022

*Made in the Image of God*

Thursday 16<sup>th</sup> June: The Roundthorn Hotel, Penrith CA11 8SJ

*Breakfast from 9am. Finish at 3.30pm*

- ❖ Prof Paul Miller, Educational Equity Services ❖
- ❖ Janett Walker, CEO Anti Racist Cumbria ❖
- ❖ Dr Margaret James, National Director of SIAMS ❖
- ❖ Plus some friends of the Diocese; a range of stalls and lots of time to catch up with colleagues ❖

Contact [education@carlisediocese.org.uk](mailto:education@carlisediocese.org.uk) for more information or to book a place.

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

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

## Church Corner

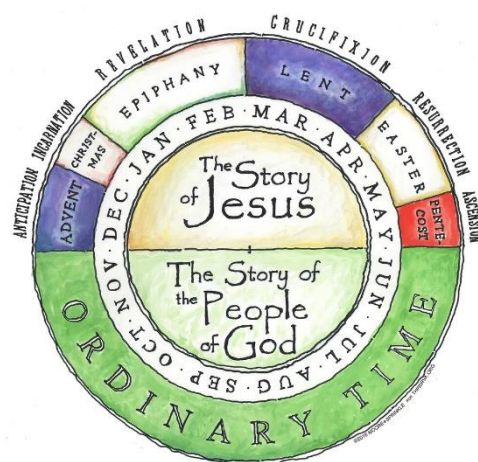
This week: Season of Lent

Colour: Purple

Welcome to Church Corner.

Did you know that the bible readings for each service in Church of England churches are set in a document called the Lectionary? This is why you are likely to hear the same readings whichever church you visit. The Sunday Lectionary operates on a three-year cycle of readings.

And have you ever wondered why we talk about 40 days of fasting during Lent but the period from Ash Wednesday (yesterday) to Easter Sunday (this year 17<sup>th</sup> April) is more than 40 days? It's because the Sundays don't count – Sundays are never fasts.



### Sunday 6<sup>th</sup> March: First Sunday of Lent

This week, the Lectionary sets Luke 4:1-13, the story of Jesus' forty days in the wilderness. In the Bible, the wilderness tends to symbolise not wildness, but closeness to God (and distance from the hubbub of the world). After Jesus emerges, the devil tempts him to turn stones into bread; to take authority over all the kingdoms of the world; and to test God by throwing himself from the top of the Temple. The devil offers Jesus worldly things, but in each case he rejects them in favour of heavenly priorities.

The traditional forty days of fasting lie behind the forty days of Lent. The fasting is symbolic of Jesus' time in the wilderness and a withdrawal from worldly temptations. It is also a spiritual exercise, designed to facilitate the core purpose of Lent, which is self-discovery and penitence (being sorry). The modern practices of 'giving something up' (or even 'taking something on') derive from this but don't quite fulfil the original intention. ST

## Training:

Coming up this half term:

**Effective RE Governance:** Thursday 10<sup>th</sup> March at 4pm

**Preparing for a SIAMS Inspection:** Thursday 17<sup>th</sup> March at 4pm

**New and Acting Headteachers Induction Programme (Ethos and Culture):** Wednesday 23<sup>rd</sup> March at 1pm

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

Simply email [education@carlisle-diocese.org.uk](mailto: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](#)



## 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](mailto: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>

## Feedback from Headteachers: themes of the week

**Lunchtimes:** I've had several conversations about lunchtimes this week – the difficulty of finding lunchtime staff and the difference that lunchtime staff make to everyone's wellbeing at school (pupils and staff).

Lunchtime staff who know the children well, who are aware of any issues or incidents that may have arisen already in the day and who are confident with the school's approach to behaviour management are worth their weight in gold. They make for a calm and happy lunchtime. The afternoons get off to a good start and there is no follow up work for senior staff to deal with incidents. But they are not easily come by.

This week I have been hearing how difficult lunchtimes have been for some of you who don't currently have enough (or in some cases any) of these amazing staff members.

We know how hard it can be covering lunch duties and following up with pupils and their families following incidents which have arisen at lunchtime. Don't forget, we're always here if you need someone to share your frustrations with.



## Wellbeing Corner: Mindful March



Click for our full Wellbeing Strategy

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
|   |   | 1<br>Set an intention to live with awareness and kindness                | 2<br>Notice three things you find beautiful in the outside world         | 3<br>Start today by appreciating your body and that you're alive     | 4<br>Notice how you speak to yourself and choose to use kind words | 5<br>Bring to mind people you care about and send love to them      |
| 6<br>Have a "no plans" day and notice how that feels                | 7<br>Take three calm breaths at regular intervals during your day   | 8<br>Eat mindfully. Appreciate the taste, texture and smell of your food | 9<br>Take a full breath in and out before you reply to others            | 10<br>Get outside and notice how the weather feels on your face      | 11<br>Stay fully present while drinking your cup of tea or coffee  | 12<br>Listen deeply to someone and really hear what they are saying |
| 13<br>Pause to just watch the sky or clouds for a few minutes today | 14<br>Find ways to enjoy any chores or tasks that you do            | 15<br>Stop. Breathe. Notice. Repeat regularly                            | 16<br>Get really absorbed with an interesting or creative activity       | 17<br>Look around and spot three things you find unusual or pleasant | 18<br>If you find yourself rushing, make an effort to slow down    | 19<br>Appreciate nature around you, wherever you are                |
| 20<br>Focus on what makes you and others happy today                | 21<br>Listen to a piece of music without doing anything else        | 22<br>Notice something that is going well, even if today feels difficult | 23<br>Tune in to your feelings, without judging or trying to change them | 24<br>Appreciate your hands and all the things they enable you to do | 25<br>Focus your attention on the good things you take for granted | 26<br>Choose to spend less time looking at screens today            |
| 27<br>Cultivate a feeling of loving-kindness towards others today   | 28<br>Notice when you're tired and take a break as soon as possible | 29<br>Choose a different route today and see what you notice             | 30<br>Mentally scan your body and notice what it is feeling              | 31<br>Discover the joy in the simple things of life                  |  |   |

Despite the 'deluge' of recent storms (see what I did there...?) over recent weeks, there are little hints in the air that Spring is arriving. It is light by 7am in the mornings and for many of us, the drive home in the dark is becoming something we can leave behind for a little while now until the clocks, and the seasons, turn once again.

The time of year can play quite a significant role in how we feel and with Spring in all of its promise of newness, there is the energy of fresh starts and new beginnings. Action for Happiness, a movement of people dedicated to creating a happier and kinder world, have launched the Mindful March initiative; this is a calendar, which contains a different prompt everyday to help people increase their ability to stop, take notice and become more mindful. It can be downloaded and printed from the website, and makes a great addition to a classroom, staffroom, office or home.

[Here's a link to the calendar and the website for Action for Happiness itself.](#)

. Pam Weeden, Diocesan School Consultant  
Executive Coach



# LENT 2022 RESOURCES



## 6 NEW Interactive Sessions

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

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## SPRINGS DANCE COMPANY

Springs Dance Company's ***The Good Samaritan*** and ***You Are Special*** workshops, available now for your school.

Springs Dance Company specialises in cross-curricular dance, in particular with Religious Education, Values and PSHE. Focusing on the importance of helping others, ***The Good Samaritan*** workshops will consider the relevance of the parable, think about what is important and ask moral questions, going deeper into RE. Alongside the workshops you can treat the whole school with a fun-filled assembly performance, based on the parable of ***The Lost Coin***.

Springs is also delighted to be offering to schools its much loved ***You Are Special*** workshops. Based on Max Lucado's book, ***You Are Special***, the workshops tackle the big issue of self-esteem and create opportunities to discuss ideas about self-worth and how we treat others.

***'Absolutely brilliant! The workshops were just right for the children who really loved it.'*** RE Co-ordinator, St Luke's School

Further details can be found at <https://springsdancecompany.org.uk/index.php/join-in/schools-workshops>

To book and to find out more please email [touring@springsdancecompany.org.uk](mailto:touring@springsdancecompany.org.uk) or call 07876 752 910

❖ FLYERS ARE ALSO ATTACHED FOR MORE INFORMATION ❖



If you have a vacancy you would like to advertise here, don't hesitate to send it to [charlotte.tudway@carlisle-diocese.org.uk](mailto: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](mailto: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](mailto:info@patterdale.cumbria.sch.uk)

## HEADTEACHER VACANCIES

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

- ❖ Culgaith
- ❖ Dent
- ❖ 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:

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