

Diocese of Carlisle Board of Education

www.carlislediocese.org.uk/education

Weekly Communication: 14th July 2022

Reflection:

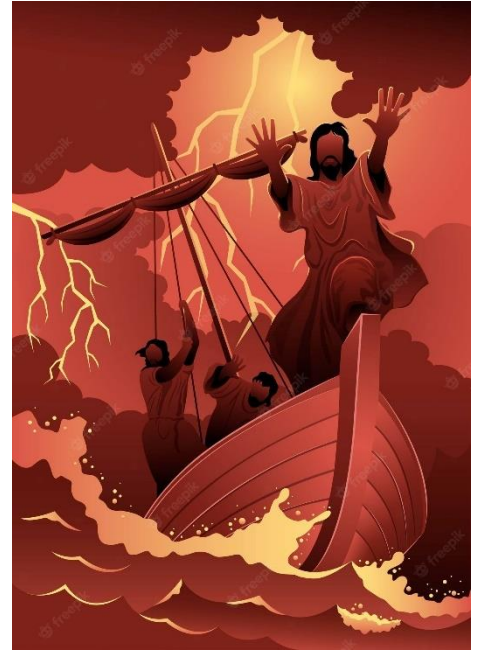
I have a one-minute reflection for the day flip book which sits on my desk.

Today's bible passage is Mark 4: 37-39

A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm.

The reflection says, "Jesus is the perfect example of how we should carry ourselves through the storm."

I don't know about you, but I certainly don't feel that I'm doing very well at living out Jesus' example in carrying myself through the storm that is the end of the school year. I feel more like one of the disciples – perishing! I hope and pray that you will find some calm in your respective storms as we take those last few difficult steps towards the end of term.



Inclusion Corner:

Very easy to find images of a white Jesus calming the storm. Sadly, not so easy to find images of a black or brown Jesus calming the storm. If you have one, please do send it to me!



Wellbeing Corner: Resting Deeply



[Click for our full Wellbeing Strategy](#)

As the end of the summer term approaches, we move into a period of reflection, rest and recovery. There is truth in the fact that for all of you, the six-week break will include times of working; however, that aside, it is also a sustained period of time away from the everyday routine.

Sleep, as we know has four cycles; to remain healthy, it is fundamental the quality of our sleep is such that we pass through all four through the course of one night. People who struggle with insomnia, have conditions such as sleep apnoea or who have interrupted sleep for any reason, such as being woken by a new baby or young children, will only pass through stages one and two, and the impact over time can be significant on mental health and wellbeing. The same is true of rest. The type of rest we have as well as the quality of rest we have adds value to our overall wellbeing and likewise, adds to the richness of our lives. Rest equates to restoration, and true quality rest needs to bring some restoration to each aspect of ourselves in order to achieve an overall sense of balance and contentment.

In the article below, Sandra Dalton-Smith discusses the seven different types of rest needed to fully recuperate and restore in full. Moving as you are into this time of being off timetable, it might be helpful to look at each of these, reflect on the quality of rest you have in all areas and consider what is within your gift to improve the quality in all seven.

[The Seven Types of Rest Every Person Needs](#)

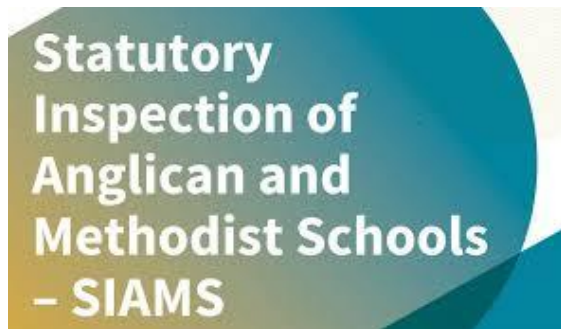


**Pam Weeden, Diocesan School Consultant
Executive Coach**

Important SIAMS update:

1. Schools 'likely' to be inspected 2022-2023

Because not all Dioceses have yet been in touch with the National Team to confirm accuracy of information, the long-awaited list of schools who are likely to be inspected next year will not be published on the SIAMS website until after we break up for the summer.



HOWEVER, because I love you all so much, I got our data submission in early which means that the central team have agreed our list and I am able to share it here ahead of the National publication:

Carlisle	Maryport CofE Junior
	Blackford CofE VA Primary
	Crosby-on-Eden CofE School
	Beaconside CofE VA Primary
	Ennerdale and Kinniside CofE Primary
	Kirkoswald CofE
	Coniston CofE Primary
	Wreay CofE Primary
	Old Hutton CofE
	Bishop Harvey Goodwin
	St James CofE Junior Whitehaven
	Morland Area CofE Primary
	St George's CofE
	Rosley CofE Primary
	Lindale CofE Primary School
	Leven Valley CofE Primary
	St Patrick's CofE
	St Martin & St Mary CofE Primary School
	Levens CofE
	Gilsland CofE Primary
Crosscrake CofE Primary	
Grasmere CofE Primary	
Walton & Lees Hill CofE Primary	

2. National SIAMS Update

In the Autumn, the National Director of SIAMS will set out the ways in which SIAMS will develop from September 2023, explaining what the developments will mean for schools.

In response to feedback about timing, the team have added a second session. You can now choose between:

[Thursday 3rd November from 10am to 11.30am](#); and

[Thursday 3rd November from 6pm to 7.30pm](#)

❖ **Please note that if you have already registered for the 6pm session you will still need to rebook using this new link because otherwise, the National team would have no way of knowing who had swapped onto the new session and how many participants to expect.** ❖



THE CHURCH
OF ENGLAND
EDUCATION OFFICE

Please note that due to the current re-drafting of the Schools Bill and the uncertainty about what might happen following a change in Prime Minister and new Secretary of State for Education, the National Church of England team have taken the decision to postpone their planned mini-conference on 29th September.



Good Shepherd Trust
life in all its fullness

However, instead, the Good Shepherd Trust is offering you the chance to ask all the questions you're dying to ask and find out the **truth** about what the Trust can offer your school.

Just email educaton@carlisle-diocese.org.uk to book your place.

10am to 12pm Thursday 29th September, Church House, Penrith

MAT Chat Corner:

- Q:** Why can't church schools join community MATs?
- A:** [A Memorandum of Understanding](#) between the Church of England and the Department for Education (agreed in 2016) makes it clear that church schools' governance arrangements should be replicated in the MAT they join. This means that VC schools are expected to join MATs which have at least a minority of church governance at Member and Trustee level and for the VA schools, there should be a majority of church governance at all levels.



Christian Aid Corner:

Christian Aid are inviting our schools to take part in a challenge they are organising this Autumn.

Further information is attached and a physical pack of resources to support this project can be collected from Church House in Penrith or via your Diocesan Schools Adviser when they visit.



Cumbria Schools's Climate Change CHALLENGE this autumn

Stand up Speak out Send a message



Research an area of the world suffering from climate change and **stand up** for it

Schools' Labyrinth goes on tour:

A message from the Heritage Learning Team at Carlisle Cathedral:

Dear all,

We are delighted that the Schools' Labyrinth has now begun its tour around Cumbria. Throughout July and August, it will be located at Kendal Parish Church. This is a great opportunity for more people to see the wonderful work that so many schools around the county put into this project.

If you were unable to visit the Labyrinth whilst it was located at the Cathedral and you are interested in visiting it at Kendal before the end of term please contact The Revd. Shanthy Thompson at vicar.kendal@gmail.com.

Feel free to share with your families, visiting the Labyrinth is free and open to all.

All the best,
Sarah



❖ The Labyrinth will be located in Cartmel Priory in the Autumn ❖

Questful RE:



Religious Education Syllabus
for Church Schools
(EYF5, KS1 & KS2)



Questful RE
Creative and Challenging



We are delighted to announce that Blackburn Diocese have committed to providing a bespoke Carlisle Diocese training session for any of you already committed to using their scheme (which will be moving to an online platform in September). Equally, if any of you would like to take this chance to adopt this Ofsted and SIAMS approved RE curriculum, scheme of work and assessment package, please do so.

The course, at the **North Lakes Hotel, Penrith on Wednesday 19th October**, will be tailored to Carlisle Diocese schools and you should feel free to ask any questions you may have.

The cost of the new online scheme is £75+VAT.

You can book a place on the training course here: [Primary: Successfully using the Questful RE online syllabus – Blackburn Diocesan Board of Education \(bdeducation.org.uk\)](https://www.bdeducation.org.uk)



Training Opportunity:

We are blessed to have the expertise in the Diocesan team to offer subsidised Mental Health First Aid training for school staff.

There are two possible models and I would be grateful if you would indicate a preference:

- Two day's face-to-face training resulting in a full Mental Health First Aid certificate; or
- An online, largely self-taught course involving x4 3.5 hour sessions online and some home learning.

We hope to run sessions either later in the Summer Term or in the Autumn Term. Indications of interest are warmly invited.

Training:



❖ Our new Events Schedule for 2022-2023 is attached ❖

NPQs:

THE CHURCH OF ENGLAND EDUCATION OFFICE FOUNDATION FOR EDUCATIONAL LEADERSHIP

Flourishing Leaders in Flourishing schools

Good Shepherd Trust
life in all its fullness

DID YOU KNOW?
The DfE will pay your school* £200
for every teacher you enrol onto our NPQs?
**For schools with 600 pupils or less*

APPLY TODAY www.cefel.org.uk/npq/

Catholic Education Service Department for Education

❖ Further information about NPQs is attached ❖



STUNNING LOCATION

Set in over thirty acres of garden, woodland and natural beauty in the Lake District UNESCO World Heritage Site, Rydal Hall is the ideal venue for retreats, events, activity weekends or just a family holiday. With wonderful views over the Rothay valley and with the Fairfield Horseshoe and Nab Scar as a backdrop, the Hall and its grounds are the perfect place to enjoy this beautiful part of the world.

RYDAL HALL: BUNKHOUSE ACCOMMODATION FOR SCHOOLS

If you've never visited Rydal Hall, I can't recommend it highly enough.

We are very fortunate to have this amazing Diocesan retreat centre available to our schools. The opportunities at Rydal are endless.

It offers the perfect location for children to enjoy the great outdoors and the ideal place for a first holiday away from home. A great place to learn some life skills but so much more ... opportunities to appreciate the natural world, to ask big questions about the meaning of life, to develop character (taking risks and trying new things for the first time) and to develop spiritually. The hall has its own chapel and schools can expect a warm welcome and support for their pupils and staff during any visit.

The lovely Rydal Hall Bunk House, situated to the rear of the main Hall, sleeps up to 29 people in 4 dormitory style rooms. It includes a communal room with a fully equipped kitchen and seating area. At £335 per night, it is a very affordable venue for an inclusive residential trip.



[For larger groups there are also extensive camping facilities.]

Please call Rydal Hall on 015394 32050 for further information or to book.

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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