



T&L Times

Well Being Edition 3— 8th June 2020

Welcome

With a greater number of our pupils returning to school this week, it is crucial that we continue to be mindful of the well being of ourselves, our learners and their families. With this at the forefront of our minds, we have created our third T&L times linked solely to well being. As always we start with an uplifting quote.

“It is health that is real wealth and not pieces of gold and silver”

Mahatma Gandhi

Perfect Podcast

Over the past few months, the majority of teachers have been thrust into the world of working from home for the first time. Many are balancing demands from their own children, their pupils and school leader simultaneously, while trying to adapt to working remotely.

So what are the key challenges and how can you overcome them? Have a listen to this Podagogy podcast.

To access the podcast then click the link below

<https://www.tes.com/news/how-handle-working-home-guide-teachers>

Cracking CPD

Education Services Medway are offering a number of great CPD opportunities available to support in relation to well being. Click each title to access the booking details.

[Anxiety. Helping Children to Cope—A Structured Intervention](#)

'Anxiety is a thin stream of fears trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.'

Date and Time: 10th July 2020 (9.30-12pm)

[Lego Therapy](#)

"Lego Therapy" is a flexible in-school provision which promotes the development of key communication skills, including attention and listening, vocabulary and concept development, sharing, collaboration, describing and explaining, turn taking, problem solving and conflict resolution

Date and Time: 10th July 2020 (1.15-3.15pm)

Ways to Wellbeing (in Medway)

Evidence suggests that there are five actions that people can take to improve their own mental wellbeing.

These are:

- **Connect**

Connecting face to face with other people will support and improve the way you feel every day. You could:

- ⇒ talk to someone new
- ⇒ have lunch with colleagues and friends
- ⇒ take a look at our [Staying Connected](#) guide, for over 55s



- **Be active**

Exercise or increasing the amount of physical activity can improve the way you feel. Simple things like [going on a health walk](#), taking [dance classes](#) or [swimming](#) can make a huge difference to your wellbeing.

Discover something you enjoy doing like gardening or flying a kite in the park. Lots more ideas can be found on the [Get Active](#) pages of the A Better Medway website.

- **Take notice**

Take a few minutes to slow down, be in the moment, and be aware of the good things around you and how you are feeling. Some people call this mindfulness or meditation.

Find out more about [mindfulness and how to practice it](#) on NHS Choices.

- **Keep learning**

Learning new skills can boost your wellbeing and confidence. Try something new, rediscover an old interest or take up a new hobby. Adult education courses are a great way to keep learning. Why not have a look at some of the activities on offer in Medway.

[Find an adult education course](#)

- **Give**

Giving is a great way to make a difference to your life and other people's. Giving your time, support or skills to others is a rewarding way to improve how you feel in yourself.

You might want to [volunteer in your local community](#) and give your time to others. The [Staying Connected](#) guide also has ideas about where you could volunteer in Medway.

Friendly Facebook

ELSA have a great support and well being group available for you to join on Facebook. This group is for ELSA (Education Literacy Support Assistant) or education staff and is for anything child or non child related. It is a group where you can socialise with like minded people.

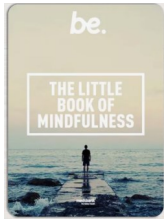
To join this group then click on the following link:

<https://www.facebook.com/groups/1771870382892064/>



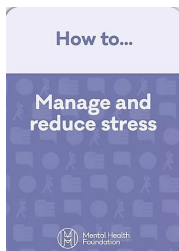
Wonderful Well Being

<https://www.camhs-resources.co.uk/> have a wide range of resources to support both ourselves and our learners. This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. It is worth having a look at the website yourself but some we recommend for you are below. Click each picture to access the resource.



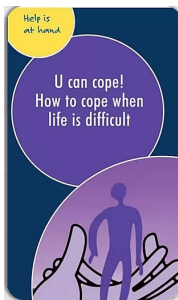
The Little Book of Mindfulness is magazine style guide to using Mindfulness to help with stress and worries.

Credit; Medibank



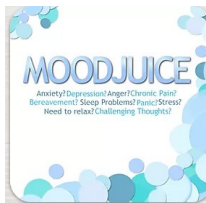
The How To series is a series of self help guides from the Mental Health Foundation. This one focuses on managing stress.

Credit; Mental Health Foundation



This is a helpful download from the Royal College of psychiatrists about coping with life's stressors.

Credit; RCPsych



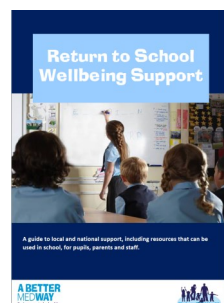
Mood Juice

This website offers information, advice to those experiencing troublesome thoughts, feelings and actions

Wonderful Well Being

Medway Council have produced a very informative support booklet called 'Return to School Well Being Support Booklet'

This booklet is packed with lots of advice and useful contacts. It is attached with this weeks newsletter as a tool for you to have to support our learners on their return.



Digestible Documents

Our first article this week looks at the idea of how Ofsted could focus on well being in the post Covid-19 inspection regime

Ofsted 'must focus on wellbeing' after Covid closures

Inspectorate should take a 'much more supportive role' in helping schools to bounce back, says children's commissioner

Ofsted should review how schools have responded to the coronavirus pandemic – but the inspectorate must focus on pupils' emotional wellbeing, according to the children's commissioner.

Speaking at a meeting of the Commons Education Select Committee this morning on the impact of Covid-19 on education, Anne Longfield said: "In some European countries, their inspectors have actually increased their inspections during this period, but in a supportive way, so they've given guidance to people in this period as well."

She added: "I think the clear emphasis needs to be on catch-up, on support for disadvantaged children, support for emotional health and wellbeing as part of that overall analysis, but I think that completely they need to be part of this recovery – a much more

supportive role but also really looking at how schools have responded."

Coronavirus: How Ofsted could support schools

Ms Longfield was speaking in response to questions over whether Ofsted should review how schools had risen to the challenge during the crisis.

David Laws, executive chairman of the Education Policy Institute think tank, added: "I think it is very important that Ofsted would use the lessons from the period of closure, not least if this is going to go on for some time, and there's no reason they can't do a report that looks at best practice, without that being a sort of commentary on each individual school at a time of maximum disruption. They should do a general lessons piece of work, and that would surely be welcomed by most school leaders."



Worried or Anxious

As part of the Trust we buy into the Care First Package.

How do I use the service? The service is free of charge for you to use and you don't need to ask your manager to use Care first, just call **0800 174319** and you can speak to a professional counsellor or information specialist in confidence. Care first is available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online.

