

Wellbeing Newsletter



Term 4 Edition 1



It's a new dawn, it's a new day...and we're feeling good! Welcome to the new edition of the Wellbeing newsletter and special thanks to Mr Dadson for giving us such a firm foundation to work on. In this edition your new trust wellbeing leads will introduce themselves, their role within the trust and their hopes for the future of wellbeing. Hot off the back of achieving the Kent and Medway Workplace Wellbeing Gold Award, we are committed to promoting wellbeing for our learners, parents and staff into the future.

Meet Lois....

Hi everybody,

I am Lois Banks and since September 2020 have been an Assistant Headteacher at Hoo St Werburgh Primary and Marlborough Centre. I am a married, mother of two teenage girls and have a passion for gymnastics, walking, wellbeing and character education.

I have always had a tremendous investment into developing wellbeing across the workplace. Although I can already feel the importance of wellbeing across the Trust, I am excited to be part of continuing to create a positive environment for all involved. Wellbeing is so important to allow teachers to be great role models, obtaining pupils success and the ability to make teaching more meaningful and pleasurable.

I wanted to take this opportunity to share what my vision on wellbeing is. For me, authentic wellbeing is for every day. Teacher's happiness matters. Just as our children's wellbeing is more important than their attainment, so too is your wellbeing. Wellbeing cannot take a tokenistic approach; it is something we need to continuously work at together. For example, we wouldn't take up running for a month and then sit back for the rest of the year enjoying our new level of fitness. We must be considering, reflecting and promoting it consistently. We are all in this together!

Thank you for taking the time to read this. I look forward to wellbeing continuing to be part of our regular and professional conversations, where it is spoken of openly and frequently to have a positive impact on your work/life balance.

P.S I think I may have used the word wellbeing a little too much (11 times in fact) but that shows how important it is.

Best wishes

Lois Banks



Meet Kirstie...

Hello,

I am Kirstie and I have been with Rivermead School for over 4 years. In that time I have been based within the Post 16 team and I am currently a Programme Coordinator and the Pastoral Lead. I am married and I have 2 lovely young boys who keep me very busy!

During my time with Rivermead I have felt passionately that the commitment to wellbeing is what makes Rivermead Inclusive Trust stand out. Working with other colleagues in different schools I am aware that the small adjustments and changes that the trust make have a large impact on wellbeing both for the staff and learners.

I feel passionately that if the wellbeing of the staff is a priority then this directly filters to our learners and also our partner organisations. Located at MidKent College it has been commented to us that the Rivermead staff can be easily identified by their work and attitude – something that I think is completely related to the emphasis the trust places on wellbeing.

I have extensive experience in developing wellbeing for 11-19 year olds due to my current role and also my previous as the Director of a youth charity however I also have experience in primary years due to my own children - something I would like to develop and I am excited to work with Lois on this.

Recently I have led some CPD for the trust in the use of language and how it can impact our relationships with learners – this was developed straight from my own research and background. I am always learning and keen to be part of such an innovative and supportive trust team.

Wellbeing is a large part of my daily work life and I am so very excited to be stepping into a trust role to grow the work that has already been done by Paul Dadson and the school wellbeing leads.

Personally, I am committed to prioritising the wellbeing of staff and learners and have done this in many creative ways. We previously had a learner who realised that Cadbury's Twirl was 35 years old – so I helped him throw a birthday party. We gave out twirls to all staff and learners and even took some back to school. It was a day of fun for all and everyone said how they didn't think a chocolate bar birthday would bring so much joy.

All of this to say - I am really excited to be taking on this role and thank you so much for putting up with all my out of the box ideas, there will be many!

Kirstie Bottiglieri



Coming up.....

26th March - Trust Twilight on Wellbeing

Watch this space for more wellbeing information coming from your school leads...