

Wellbeing Term 4 Edition 2



Welcome to the second wellbeing newsletter of term 4



In this edition you will find

- Introductions from your provision wellbeing leads
- Thoughts as we head into our Easter break
- Twilight recordings
- Resources and links

Thoughts to consider....



Well, what a term! March the 8th finally saw us welcome all the children back. It has been fantastic to see them all settle back in and see them among their peers. So, now it's time for a well-deserved rest.

We know from our Trust twilight that wellbeing is for every day but what considerations have you given to the holidays in terms of wellbeing? There is no one clear definition of what work-life balance is and quite simply this is because it differs for everyone, as we are diverse in our lives, life choices and personalities.

At times our inability to switch off stems from an "always-on" culture. Neil Shah, chief de-stressing officer at The Stress Management Society describes this as the "Roadrunner Effect". Just as the Roadrunner struggles to stop when running, so do we at weekends or holidays. Failing to relax is bad for our health and wellbeing. So how do we help ourselves switch off?

Make your boundaries clear to yourself and stick to them

Write that to-do list and prioritise! Is there anything on there that doesn't need doing until you return? Then put it on the return to work to-do list. If there is anything that needs doing that is important even if it is the hardest thing on the list? Get that done first. Eat that frog

<https://www.briantracy.com/blog/time-management/the-truth-about-frogs/>

Have tech-free days

There's no doubt about it, technology controls our lives. Our phones ping with an email and we drop whatever we are doing to answer that notification. Having a day off a week and deciding when we are going to use technology gives us back the control. It takes huge self-control but give it a go and see how much time it gives back to your family and your own thoughts.

Recognise why you can't relax

There are lots of reasons why we might struggle to relax but recognising 'why' is the first step. Whether it be feeling guilty for trying to relax, a fear we are missing out or even feeling anxious about an upcoming event it is important you empathise with the part of you that's having trouble

relaxing. This holiday, do something you love. For example, spend time with loved ones, ride your bike or go for a walk. Doing what you love helps you to feel more relaxed because it brings you joy.

Enjoy your break! You sure have earned it.

Wellbeing Leads in your setting

Hoo St Werburgh Primary School

Kathryn Callaghan

Marlborough Centre



Sarah Negus

Hi Everyone,

I am Sarah Negus and I am the Deputy Head at the Marlborough Centre. I am also Mental Health Lead for the Trust and Wellbeing Lead for here at the MC. I am a massive hippie who wants everyone to come to work enjoying their time. Now, I'm also a realist and know that this can't be the case everyday- but I would like to think that my role is in place to help staff manage their own wellbeing; signposting to services when needed, showing compassion and making sure they achieve in their individual roles.

Rivermead School

Jo Dawson

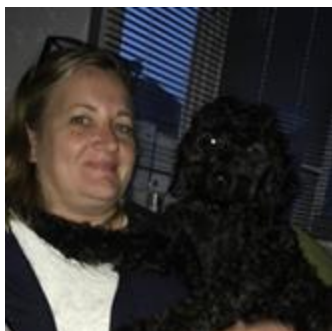
Hello, I am Jo, and I have worked at Rivermead since February 2012, any mathematician amongst us will be able to work out how long that is.

I have two daughters, one who is a paramedic, working in Greenwich, and has just passed her four week driving course, driving with the blue flashing lights, she says the best part, was driving with the blue lights, down the Strand, around Trafalgar Square and Buckingham Palace and Hyde Park. Anyone who drives around Hyde Park will have a fair idea of how fun that must be with blue lights. My other daughter is just about to finish year 11.

I have moved around living in some wonderful places, Hemel Hempstead, Abingdon, Oxford, Manchester and London, family moves or job moves, but settling in Rochester.

We have a family pet, Luna, who is a cockapoo, with bundles of personality and is bonkers anyone lucky enough to meet her will confirm this, despite being nearly 4, loves a toilet roll to unravel down the stairs and her favourite habit is to push the laptop down so that I can no longer type.

I have a very caring nature, and this is what made me want to sign up to be a well-being lead. I hope that my fellow colleagues at Rivermead would agree.



Triple R



Rebecca Kennedy

Hello, my name is Rebecca Kennedy and I am the Mental Health and Wellbeing Lead for Triple R, Rivermead and Post 16. I joined Triple R in September as Assistant Head in September 2020. I strongly believe that young people cannot learn if their Mental Health or Wellbeing needs are not being met. During the short time I have been part of Rivermead I have been blown away by the level of expertise that exists in this area across the provisions and I am really excited to be a part of this.

Rivermead Inclusive Trust Site

Paul Dadson

Hi, I'm Paul Dadson and I am the Strategic Lead for Teaching and Learning across the Rivermead Inclusive Trust. My really strong belief is that if we look after the well being of all our staff then it will mean greater well being for all our pupils which will lead to improved standards in teaching and learning. A well valued staff is a smiley and productive staff with happy pupils, parents and other stakeholders.



Post 16



Kayleigh Plumb

Hi my name is Kayleigh, I have worked for Rivermead for 19 months and I am Family Liaison for Post 16. I have a son called Henry who is actually named after Thierry Henry. I also like to ride my motorbike but only when it's very nice weather.

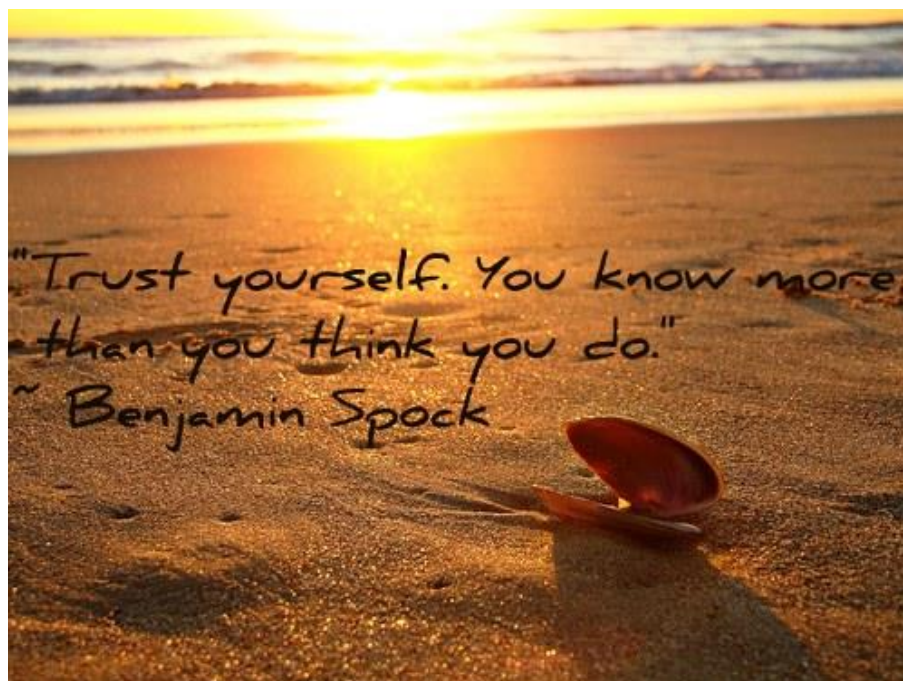
Walderslade Primary



Carolyn Burch

I am Carolyn Burch and you'll find me at Walderslade Primary School. I coordinate RE and PSHE at Walderslade and have recently completed an NPQSL with a focus of wellbeing. Wellbeing at Walderslade is high on our agenda and we have worked hard as a school to incorporate mindfulness into our school day. We endeavour to ensure that staff and students are looked after and I look forward to developing our wellbeing provision further in the school. Remember - "a healthy outside starts from the inside." (Robert Urich)

Trust Twilight 25/03/2021



We are collating the recordings from the trust twilight so you can watch them back or catch up on sessions you couldn't attend.

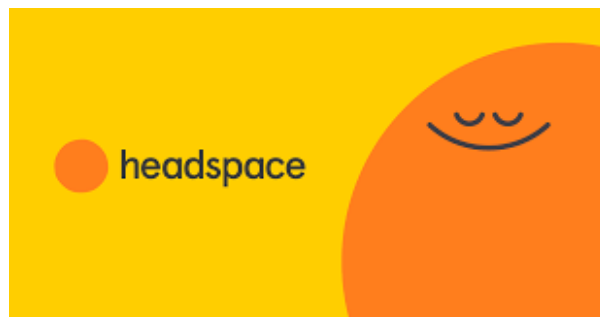
Please click on the link below.

[Twilight Recordings](#)

Helpful Resources



1 - Mentally Healthy Schools have created a health and wellbeing school calendar to help incorporate mental health and wellbeing within your school day. [April - July 2021](#)



2 - Headspace - a mindfulness app is offering a free year for all educators. Should you wish to take up this offer please contact Karen Watkin who will be able to provide you with an evidence letter confirming that you are an employee of Rivermead Inclusive Trust [Further Information on Headspace](#)



4 - The NHS has a lot of resources to keep you active at home and whilst the gyms are closed. Physical exercise has a great impact on our mental wellbeing. Check out videos, podcasts and ideas [here](#)