

Kyra Wellbeing Newsletter

This is the first in our series of termly **Kyra Wellbeing Newsletters** for schools; we hope to provide schools with timely updates from agencies and services who can provide support for the wellbeing of our school communities. The theme of this newsletter is staff wellbeing; there has never been a more important time to put the wellbeing of staff first. Senior leaders who convey compassion and sensitivity ensure staff feel they are cared for; this builds trust and enhances wellbeing.

'Sensible leaders understand that their own reserves need to be topped up... Leading involves giving and top leaders know that they can only give when they have something in the tank.' - High Challenge, Low Threat – Mary Myatt

Checking in with Staff

Mood Mountain



Rather than asking the obvious question "How are you?" perhaps ask "Who/Where are you?" A conversation opener could be to identify who they are on the **mood mountain** (similar to the Blob Tree), followed up with 'What's causing you to feel like that? What can I do to help?'

Creator Ian Long says, '*Blobs are simple. They deal with deep issues using the primary languages we learn from infancy – feelings and body language. This is why they are used with children as young as 4, all the way through to the elderly. The Blobs are neither male nor female, young nor old, European nor African, ancient nor modern. They are outside of culture. Blobs are the best of us and the worst of us. They don't tell us what we ought to do, or what we mustn't do...they merely show us how a variety of people feel or think.'*

The Mood Mountain and other resources are available [here](#).

Healthy Minds Lincolnshire Information Hub

For educational professionals

Healthy Minds Lincolnshire and the Mental Health Support Teams have created an information hub for educational professionals to provide school staff with additional resources to support young people with their emotional wellbeing:

This includes an Intervention toolkit (see below) and the Healthy Minds Lincolnshire Service Update for Schools—information about the service's current offer and expectation of schools adapted in line with Covid-19 guidelines .

[Click here to access.](#)

Intervention Toolkit for Professionals

Healthy Minds Lincolnshire have created a toolkit for professionals and education staff to support them in providing low level evidence-based emotional wellbeing interventions within school. The toolkit explores a variety of emotional wellbeing concerns and how these may present in children and young people.

Within this toolkit you will find strategies for you to use with children and young people around: low mood, anxiety, self-esteem and anger.

The toolkit talks you through how to utilise the information packs below.



Wellbeing for Education Return

Expected attendance from all state funded schools

The Wellbeing for Education Return is a new package of training and resources funded by the Department of Education and Department for Health and Social Care. The training has been developed in close collaboration with Health Education England, Public Health England, and NHS England and Improvement.

In Lincolnshire, this training will be led by Healthy Minds Lincolnshire in conjunction with partner services; Caring2Learn, the Working Together Team, BOSS, Mobilise and Kooth.

[Click here for more information](#)

Resource: A Focus on Staff Wellbeing—Covid-19 specific guidance on wellbeing by Hope Smith Training, Development and Outreach Officer, The Pilgrim School [Click here to access](#)

Resource: Teacher Resilience

British Psychological Society framework exploring support in fostering teacher resilience in relation to 3 areas found to be key to enhancing teacher resilience: Belonging, Help-seeking, Learning. [Click here to access](#)



R.S.H.E Support

L.E.A.D. Equate are working with the DfE to deliver a package of training and support for the statutory implementation of R.S.H.E. This is for both Primary and Secondary Schools within the region and will support:

- Development of compliant R.S.H.E. policy and curriculum
- Successful engagement with parents
- Quality teaching of R.S.H.E.
- Confident and skilled R.S.H.E. delivery
- Effective monitoring and assessment of R.S.H.E

[Click here to find out more.](#)

Recommended blog:

Can a #Teacher5aday photo improve your wellbeing in November?

To be hopeful in bad times is based on the fact that human history is not only of cruelty, but also of compassion, sacrifice, courage, kindness. If we see only the worst, it destroys our capacity to do something. If we remember those times and places where people have behaved magnificently, this gives us the energy to act. And if we do act, in however small a way, we don't have to wait for some grand Utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.

Howard Zinn

WWW.STOREMYPIC.COM

Giving thanks can make you happier –Martyn Reah (November 2020):

Being grateful can have an impact on your wellbeing.

As we head towards lockdown 2.0 perhaps taking a day at a time might be a good approach? Thinking about the things that are in our control and at the end of each day being grateful? In the Harvard study it is noted that, "Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met". The researchers go on to explain that:

"Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice".

Challenge:

With this research in mind for the next 30 days I challenge you to take a photo relating to the themes listed below and tweet with the hashtags **#teacher5aday** and **#photo**.

This alongside a tweet about your **#3goodthings** might be contrived at first but could Improve our collective mental state growing it stronger with use and practice.'

Mobilise - The Next Chapter

It is currently difficult to look beyond the challenges of day to day operations. The Mobilise Project provides the opportunity to pause, focus & put into place evidence based actions for your SDP. This includes a fab mental health and wellbeing strand. Don't miss the opportunity to register by this Friday!

With the deadline for registration on the 6th November we recommend you look at :

- The Project Overview available [here](#)
- Watch the Project Overview video [here](#)
- The Project Overview presentation is available [here](#) (slides 30-32 provide examples of costing and payment plans.)

Mobilise
The evidence, the workforce, the impact.
This project is a catalyst for evidence informed, collaborative professional development.
Here is how you join us in the next phase. →

This document shares a summary of all the projects you can choose from.

Listen to our passionate research champions talk about each project in more detail.

Register via our online survey for your school to join the next chapter of Mobilise.

Caring2Learn

Caring2Learn is a major initiative developed in Lincolnshire with the overall aim of supporting the improvement of a wide range of outcomes for looked after, previously looked after and other vulnerable children and young people. They provide:

- The Caring2Learn Award for Caring Schools and Learning Homes to identify, celebrate and support excellent practice across the county
- A comprehensive Learning & Development programme based on evidence informed approaches which we have defined as our Cornerstones of Good Practice
- The Hub Support Network provides on-going peer support, advice and the sharing of good practice to education professionals and carers based in localities. This includes the team of Education Champions from Foster Care and Education who offer individual and group support, advice and guidance on all things Caring2Learn.

Helping & Learning VIRTUAL WORKSHOPS

DATE	TIME	DESCRIPTION
Common Compassion Fatigue and Self-care in the Classroom and Right Approach Areas	Zoom	16th August 2020 10.00am - 12.00pm
Introduction to Mindfulness Training Course	Zoom	16th August 2020 10am - 11.30am
Mindfulness for Social Adulgence	Zoom	2nd September 2020 10am - 11.30am
Common Compassion Fatigue and Self-care in the Classroom and Right Approach Areas	Zoom	26th August 2020 10am - 12pm
Introduction to Mindfulness Training Course	Zoom	2nd September 2020 10am - 11.30am
Mindfulness for Social Adulgence	Zoom	26th September 2020 10am - 11.30am

CARING & LEARN

Caring2Learn Virtual Workshops

Caring2Learn have a variety of virtual workshops running this term, including:

- **An Introduction to Trauma Awareness**
- **Common Compassion Fatigue and Self-Care**
 - **Mindfulness and Creating Calm**

For information regarding Caring2Learn's workshops, events and how to book [click here](#).

For information around the **Caring School's Award** [click here](#).

For more information about Caring2Learn [click here](#).

Resource: Video—Dr Karen Treisman 'Organisational Culture' - A useful orientation highlighting the importance of how organisations make people feel. [Click here to access](#).



Resource: Building your wellbeing and helping you cope—If you or someone you know is struggling with this very challenging situation we are all in, explore this website (co-funded by NHS England) for ways to feel a bit calmer and ideas to help you cope. Find out about the 30-3-30 approach and create your own wellbeing or safety plan [here](#).