

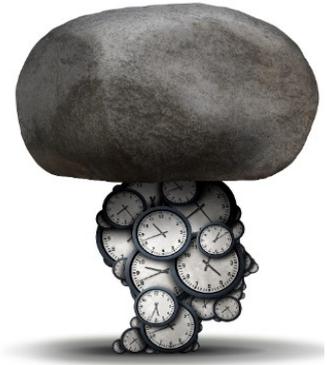
KYRA Wellbeing Newsletter

W/C Monday 21st April 2021

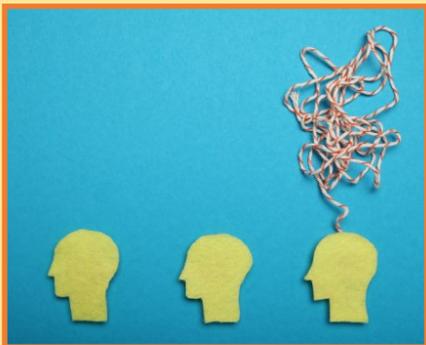
April is Stress Awareness Month.

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Despite this running for 29 years there is still got a long way to go.

It is important to check in with yourself, how are your levels of stress at the moment? The charity Mind highlights 4 key ways to help manage personal stress - identify your triggers, organise your time, address some of the causes and accept the things you can't change. The benefits of ecotherapy (spending time in nature) and mindfulness are also detailed. It is also important to be aware of the levels of stress within your organisation. Using a validated tool e.g. the Perceived Stress Scale: <https://www.midss.org/content/perceived-stress-scale-pss> can support you to identify the levels of stress in your organisation – are they at average levels or higher? Action planning to address any issues highlighted is then essential. Of course, it's also vital to teach children and young people about stress - what is it? What is helpful and unhelpful stress and what strategies can help them to manage stressful situations or life events.



Lowering teacher stress through CPD and teamwork TDT's *Culture of Improvement* working paper shows the important role that school working conditions play in developing and retaining great teachers.



One aspect of school culture that gets a lot of attention in the education press is workload. This is not surprising given that teachers in England work around one day *per week* longer than the OECD average...

A leading theory of workplace motivation and burnout suggest that the type of workload really matters. Hours spent on tasks seen as a distraction from teaching and learning ('job demands') have a negative effect. Hours spent on tasks that help teachers improve ('job resources') have a positive impact... Holding other workload constant, extra hours spent on professional development or collaborative working are associated with an *improvement* in work-related stress and wellbeing.

Useful information, Links & Training Opportunities

- The latest toolkits from **Mentally Healthy Schools (Anna Freud)** for primary and secondary schools, share resources on the topic of stress for pupils and staff. Click here: [Stress Awareness Month Toolkit](#)
- Useful Information and Resources from **Mind**. Click here: [How To Manage Stress](#)
- **BUPA are currently offering schools 2 free Wellbeing for Educators courses** focused on individual wellbeing with follow-up support to help you to embed approaches into your school's way of working. **This CPD is highly recommended; register your interest as soon as possible to guarantee your booking.** For more information and to register interest: <https://www.bupafoundation.org/page/wellbeing-for-educators/>
- **Free webinar – The mental health of teachers and school staff (Royal Society of Medicine) 12th May 10am-2pm** watch live or on demand: <https://www.rsm.ac.uk/sections/psychiatry-section/>
- **HSE Stress eBulletin:** According to the **Mental Health Foundation**, 74% of UK adults say that they have felt so stressed at some point over the last year that they felt overwhelmed or unable to cope.

It's not just the people who feel this way that are impacted, it also has a big effect on business and our economy. Stress, depression or anxiety account for a huge 51% of all work-related ill health cases and 55% of all working days lost due to work-related ill health.

Recognising the signs of stress will help employers to take steps to prevent, reduce and manage stress in the workplace. HSE has a range of practical support and guidance available including risk assessment templates, a talking toolkit to help start conversations, workbooks, posters, a new mobile app and a new automated stress indicator tool (SIT).

For more information [visit the stress section](#) of HSE's website.

Drawing and Talking

Therapy

Feedback from a number of schools in Lincolnshire suggests that this school-based therapeutic

intervention is having a positive

impact on children and young people's mental health and wellbeing.

Drawing and Talking technique is a safe and easy to learn short term, time-limited therapy to be used with anyone (age 5+) who has suffered trauma or has underlying emotional difficulties. It supports those who are not realising their full potential either academically, professionally or socially. This tier 1-2 intervention is intended to complement rather than replace the work of CAMHS, art or other specialist therapists; enabling children who would otherwise go untreated to get the help they need before problems become entrenched. Training is essential; for more information please visit <https://drawingandtalking.com>



Drawing and Talking

Follow on Twitter

@AFNCCF Anna Freud National Centre for Children and Families - for all things mental health in Education.

@McBreartySinead Sinead Mc Brearty CEO at Education Support - staff wellbeing.

@PSHEassociation The national body for PSHE professionals.

@sex_ed_forum Working with partners for good quality RSE for all children and young people.



RSHE The new RSHE curriculum was due to be statutory for all schools from September 2020, however as a consequence of the disruption to education caused by the pandemic, schools were advised that if they were not ready, or are unable to meet the requirements by this deadline, they should begin teaching by at least the start of the summer term 2021. The revised deadline means that is now essential for all schools to be fully RSHE ready. The blog below outlines the essential steps for schools to take along with links to useful resources.

Three Steps to RSHE Success

It is now a statutory requirement for schools in England to teach Relationships/ Relationships and Sex Education (RSE) and Health Education — sometimes abbreviated as 'RSHE'. PSHE education is the school curriculum subject through which RSHE content is delivered in the vast majority of schools. Teaching RSHE within this context is effective because of the overlap and connections between health, relationships, economic wellbeing and thriving in life and work.

During this pandemic, mental health, physical health and maintaining healthy relationships (including at home and online) are issues of concern. So it has never been more important to prioritise effective PSHE education, and regular curriculum time. This applies both to ensuring safe, effective remote teaching and choice of resources as well as supporting pupils' well-being and recovery when they return to the classroom.

The pandemic has also created extremely difficult circumstances for schools and challenges in preparing for statutory RSHE. Recognising this, [ASCL](#), [AYPH](#), [NAHT](#), [NEU](#), [PHE](#), the [PSHE Association](#) and the [Sex Education Forum](#) have worked together to bring you practical advice on three key steps to successfully implementing the statutory changes:

1. Consulting with parents and pupils, and developing policy
2. What to teach and how to teach it
3. Sustaining success

Read the rest of the blog here:

<https://www.sexeducationforum.org.uk/resources/three-steps-rshe-success>

Free RSHE CPD for schools in the East Midlands. L.E.A.D Equate TSA are offering DfE funded workshops over the summer term. Attend one or more workshops plus access individual support as required.

Sign up for the programme here: [RHSE CPD Booking](#)

Excellent RSHE
– are you there yet?

JOIN L.E.A.D. EQUATE TSA FOR A SUMMER OF EXPERT RSHE WORKSHOPS TO HELP YOU ON YOUR JOURNEY TO EXCELLENT RSHE.

Sign up to access expert workshops, networks, individual support and our RSHE hub over the summer term! You can attend one or more workshops depending on your needs.

WORKSHOPS WILL INCLUDE:

- Ten steps to excellent RSHE
- LGBT inclusive RSHE
- A whole school approach to preventing Sexual Harassment and violence
- RSE for early years and KS1
- Creative ideas for secondary RSHE
- Healthy friendships and anti-bullying
- Positive puberty
- RSE for learners with SEND
- Plus more!

Over 1700 teachers reached through our 2020/21 RSHE programme. Priority will be given to schools that have not yet accessed support via the L.E.A.D. Equate RSHE hub.

Sign up here or email admin@equatetsa.co.uk

FREE workshops

"When a professional provides a lot of practical ideas, the sharing of good practice and theory-based resources? Thank you for an engaging and inspiring day!"

"The training enabled me with confidence to have a clearer idea of what to do going forward."

"So far, having received training, I have been able to fully understand everything that was presented!"

"Thank you for one of possibly the most interesting and relevant training days I have ever attended. There are many ideas and action plans to take back to school!"

lead@equatetsa.co.uk 1 of 1