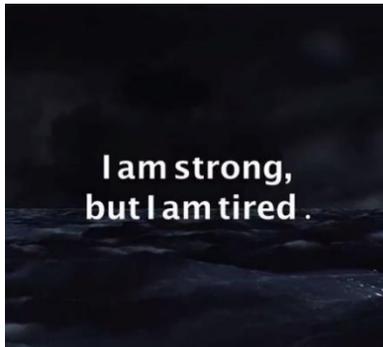


## From Jackie Waters-Dewhurst, Diocesan Director of Education

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### Matthew 11:28

“Come to me, all you who are **weary** and burdened, and I will give you rest.



The clocks have changed and the dark is increasing in its relentless reach as it spreads out from the night to fill our mornings and chases away our evenings. And we can cope because we always cope—because we are strong and are used to holding the futures of our pupils in our hands. We are used to meeting their needs, to being accountable for their progress measured in a myriad of ways depending on whether we’re talking to LA or diocese or parent or DfE. We are strong because our professional vision calls us to be, because our vocation feeds our strength. We are strong and resilient and endlessly resourceful.

But.

We are probably tired. More so this year than usual. And that’s ok. Covid brings such a raft of new untried, complex issues/problems/challenges/worries both in our professional and private lives.

Being strong does not stop us being tired.

Being strong means we look around to see what we can do about it.

### Matthew 11:28

“Come to me, all you who are **weary** and burdened, and I will give you rest.

Being strong means asking for help.

### Psalm 121

A song of ascents.

I lift up **my** eyes to the

mountains— **where does my help come from? My help comes from** the LORD, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; ...

Being strong means that we're kind to ourselves, pacing ourselves to prevent us having to give in doing what we know and love.

### Galatians 6:9

Let us not become **weary** in doing good, for at the proper time we will reap a harvest if we do not give up.

Being strong means we are wise as to what has to be done and what can be set down for the moment. Being strong does not mean not taking on new things but being sure to put other things down too.

So, if you are tired remember that you are also strong: strong enough to ask for help, to rest awhile, to find different ways of doing things. Strong enough to seek strength from other sources – from colleagues, from peers, from LA or diocese, from God.

And if you are not tired right now; cast your eyes around you to see who needs a boost be it an offer of help, a phone call, a text, a prayer.

And remember:

### Romans 8:28

And we know that **in all things** God works for the good of those who love him, who have been called according to his purpose.

We are, as ever here for you all.

God bless,

*Jackie*

## Resources and Information

### Called, Connected, Committed

Click [here](#) to view the latest from the Church of England Foundation for Educational Leadership.

⊕ THE CHURCH OF ENGLAND  
**FOUNDATION FOR  
EDUCATIONAL  
LEADERSHIP**

## Prayer & Reflection – Videos

Our prayer videos continue this week, with Revd Sonia Barron, the Diocese of Lincoln's Director of Ordinands & Vocations. Please click [here](#).

## Reflection

Our EDO Lynsey Norris continues her series of reflections – these can be found [here](#), and attached to this email.

## Bullying and Belief Toolkit

The Bullying and Belief Toolkit was produced by Claire Clinton of RE Matters and Newham SACRE; please find attached to this email.

## iSingPOP

This Christmas, iSingPOP will be sending out a FREE gift to all the Schools that we have had the privilege of working in. Whilst it's wonderful to be able to bless these Schools, our hearts desire is that all Schools will have the opportunity of receiving this free resource.

We will provide an easy to use template which will include 4 iSingPOP Christmas songs and dances, an animated nativity, and opportunities for your children to join in by narrating the story alongside a fun voxpop where your children can talk about what Christmas means to them. The Head Teacher will be able to do a welcome and the Vicar or a member of the local church can also contribute if appropriate.

There will be a 'how-to' webinar explaining and guiding you through the template on **Thursday 19th November, 11am or 3.30pm**, sign up by clicking the link. There is the opportunity to have the template customised for you and to your specific needs but please note there will be a charge for this.

Once it is all put together you will then be able to make it available to your parents and carers to watch digitally and bring some Christmas cheer for everyone to participate in.

This will be a great resource bringing the fun and quality schools expect from iSingPOP and best of all it will be FREE!

At iSingPOP we are aware of the challenges schools have faced this year and we want to give a Christmas gift that will be simple to use and access but will have impact, bringing excitement and happiness to your whole community.

To sign up for the FREE webinar on Thursday 19th November at 11am and 3.30pm please go to - <https://www.isingpop.org/christmas-the-gift>