

From *Paul Thompson*,
Diocesan Director of Education –



I can do all this through him who gives me strength.

Philippians 4:13

Dear Friends and Colleagues,

Strength as a teacher or school leader has always been needed with every day different and never knowing what the day will bring. If you are like me, you probably always start off the new academic year with promises to yourself that you will rest, take time out and spend it with those closest to you.

However, as we approach October half term, I reflect on the promises I always make to myself and realise that I have worked a number of evenings and some time at the weekend. I could attribute this to starting a new role, but actually I think that's the nature of education. There is no doubt that whatever role we have in education, we could easily work a 24/7 work pattern if we wanted to. As you know, this is not healthy for our minds or body.

As we enter the last two weeks of half term, how do we sustain energy and drive? Where can we get our strength from? It's not about gritting our teeth and going through pain barriers. I think it's about learning to 'pool' our capacity with others. It's about having good relationships with others whether they are good working relationships, good friendships and/or strong family connections.

The Mental Health Foundation states that:

'Extensive evidence shows that having good-quality relationships can help us live longer and happier lives with fewer mental health problems. Having close, positive relationships can give us a purpose and sense of belonging'

Having a sense of belonging and a relationship that allows us to share our highs and our lows is good for us. We all need someone to share challenges with – a colleague, a friend or a family member. Sharing challenges and problems may be done in various ways. It might come in the form of delegation or it may be talking things through with a line manager or it might be seeking guidance from another school or the DBE team. Being able to share a problem and seek wisdom from others gives us strength and allows us to know we are not on our own.

God has designed us to be in relationships; relationships are good for us, but we can also rely on God to give us strength. The verse from Philippians above talks about relying on God, telling us that it is he who can give us strength to get through the weeks and terms. But what does it actually mean to rely on God's strength? Philippians 4:6-7 in The Passion translation explains this really well:

Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life, then God's wonderful peace that transcends human understanding, will make the answers known to you through Jesus Christ.

God isn't asking us to solve all our problems but to bring every situation to him in prayer with gratitude and thanksgiving. God isn't asking us to just get on with it and fight our battles in our own strength, but to

Cast your cares on the LORD and he will sustain you (Psalm 55:22)

We can live a life of strength by developing our relationships with each other and with God. We never need to feel weak and we never need to feel alone, we can reach out and find strength.

This week, we have two great opportunities for school leaders and governors to reach out and find strength from the church school family. On Wednesday 13th October (5.30pm to 7pm), we are hosting a Governor Network session on Zoom. This a great opportunity to hear the latest diocesan and national updates from the DBE team but more importantly this is a time when governors can be with each other, to share good practice and ask questions. Governors can register their free place for this event via this link:

<https://www.lincolndiocesaneducation.com/calendar/?calid=1,2,3,4,5,6,7&pid=9&viewid=1&event=173>

On Thursday 14th October (10 am to 11 am), we are asking all church school heads to take time out for one hour to join us at our very first headteacher briefing via Zoom. At this meeting, you will meet the DBE team and be provided with important updates. You will also have the opportunity to talk, listen and to seek strength from each other. We are a church school family and so let us be together, albeit virtually this term. I look forward to seeing a Zoom room full of our excellent school leaders. Headteachers can register their free place for this event via this link:

<https://www.lincolndiocesaneducation.com/calendar/?calid=1,2,3,4,5,6,7,8&pid=9&viewid=1&event=238>

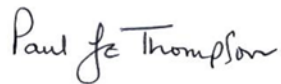
Questions for Reflection:

- Who are those trusted people you can rely on to talk through things and rest with?
- When struggling what is our initial response, do we think about 'piling our troubles on God' and gaining strength from him?
- What one thing can you do this term to live a life of strength?

Prayer:

Father, we thank you that you have designed us to be in relationship with others and with you. We thank you that we never need to be on our own. We pray you will be our strength when we need it, and we will remember to bring everything to you with gratitude and thanksgiving. Amen

Kind regards



Paul Thompson

<https://www.mentalhealth.org.uk/publications/relationships-21st-century-forgotten-foundation-mental-health-and-wellbeing>

Important Updates and Messages

Courses and Services for 2021

NEW FOR 2021-2022

Join Lynsey Norris, for an opportunity to get together with other Collective Worship leads from across the Diocese, to share good practice, discover new and useful resources and keep up to date with the latest developments.

Run virtually 3 times a year this is an excellent opportunity to have questions answers and develop your Collective Worship knowledge.



Collective Worship
Cluster Meetings

These FREE meetings are an opportunity to get to know other Collective Worship leads across the Diocese, to share good practice, to discover new and useful Collective Worship resources and to keep up-to-date with the latest developments.

Dates:

13th October 2021	4pm-5pm
3rd February 2022	4pm-5pm
9th June 2022	4pm-5pm

Venue: Virtual
Cost: No charge

To book your FREE place on 13th October 2021, please click on the link below:

<https://www.lincolndiocesaneducation.com/calendar/?calid=1,2,3,4,5,6,7,8&pid=9&viewid=1&event=230>

If you would like to attend further dates, please follow the link to our

website:<https://www.lincolndiocesaneducation.com/page/?title=Diary+of+Central+Events&pid=53>

Goodness and Mercy RSHE in Church Schools

"From September 2020, all schools are required to have a relationships education/RSE and a relationships and sex education policy in place."

We invite you to join our Relationships and Sex education session. This session aims to help to teach and develop statutory relationship and sex education in church schools. You will focus on the value of each individual and their viewpoints.

Venue: Online
Cost £60 (non SLA £139)



This course will be led by Katy Staples, Schools Adviser for Bristol Diocese and Author of "Valuing All God's children".

This course will give you an understanding of the new DfE expectations for RSHE and the timescale of expectations (delayed due to Covid) and an exploration of where RSHE sits within PSHE and the relationship between the two.

Katy taught RE, Humanities and PSHE for 23 years in secondary schools in London and North Somerset. She is a member of the National Religious Education Strategy Group and leads training across many dioceses in the south west and nationally

Venue: Online

Cost: £60 per person (non SLA £139 per person)

Book your place using the link below:

<https://www.lincolndiocesaneducation.com/calendar/?calid=1,2,3,4,5,6,7&pid=9&viewid=1&event=174>



The Youth Mental Health First Aid (MHFA) courses are for anyone who works with, lives with or supports young people aged 8-18. We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

But more than that, by giving these adults the information and skills to look after their own mental health, we want them to set an example for young people. We want adults to be able to show young people that mental ill health is a part of life in just the same way as physical ill health, that it's OK to talk about and it's OK to ask for help.

We hope that by giving people the tools to open up these conversations; we can empower them to create mentally healthy, supportive environments in their families, schools, youth groups and communities.

Let's create a future where we all know how to look after our own mental wellbeing, so preventable issues don't arise in the first place. A future where every young person has access to support if they need it.

Venue: Diocesan Education Centre, 103 Newport, Lincoln, LN1 3EE

Cost: £200.00

Please click on the link to book your place.

<https://data.lincolndiocesaneducation.com/civCRM/event/info?id=5525&reset=1>

Our website is a 'one stop shop' for more details and the place to book on these courses - our booking form may look a little different this year for you, however this should still be as easy to book as before. In addition to this, make sure you look out for emails sent each week highlighting upcoming courses.

Any questions please do get in touch - patricia.dixon@lincoln.anglican.org

To book your place on any of our courses, please click on the link below:

<https://www.lincolndiocesaneducation.com/page/?title=Diary+of+Central+Events&pid=53>

Aspirational Governor Conference 29th June 2022

We would love your governors to join us at our '**Aspirational Governor Conference**' running jointly with Lincolnshire Local Authority Governor Services on 29th June 2022.

We have some exciting keynote speakers, including Emma Knights from the NGA, Dr Jeremy Hannay, Headteacher of the Three Bridges Primary School, plus Sam Ruddock Paralympian athlete.

We are looking forward to an inspirational day, with lots of practical workshops to equip you in your role.

Early bird price of ONLY £65 for the whole day, including refreshments and lunch.

For more details and to book click here

<https://www.lincolndiocesaneducation.com/calendar/?calid=1,2,3,4,5,6,7&pid=9&viewid=1&event=185>

DRET Teaching School Hub

DRET Teaching School Hub is working with Lincolnshire Computing Hub to bring you 2 exciting new CPD sessions.

The Computing hub offer bursaries to state-funded schools to enable teachers to participate in remote and face-to-face courses. DRET Teaching School Hub are hosting the below courses for the Computing Hub this Autumn.

Wednesday 3rd November - Full Day (9.00 – 4.00pm) Introduction to Computing

Thursday 25th November – Full Day (9.00 – 4.00pm) Primary Programming and Algorithms

See separate attachment for details of the programmes.

To apply for your place please [Click Here](#).

Lincolnshire Locally Agreed Syllabus in relation to the RE curriculum

The Diocesan RE Adviser has received several requests for clarification about the use of the Lincolnshire locally agreed syllabus in relation to the RE curriculum following a recent Ofsted briefing for school leaders in Lincolnshire.

It is important to recognise that there is a distinction to be made between a syllabus and a curriculum. A syllabus defines *what* you should be teaching; the curriculum should show *how* it is to be taught. In other words, it's not enough to say that your RE curriculum *is* the syllabus; you should be able to articulate *how* you have used the syllabus to construct your curriculum.

So, for example, if you look at this exemplar curriculum plan [here](#), you can see from the *Why this? Why now?* section underneath each year group that thought has gone into how to arrange the units from the syllabus to ensure knowledge progression within and across year groups. Just saying, 'we teach the Lincolnshire locally agreed syllabus' doesn't quite capture that process of thinking about how you are going to arrange the 'what' in order to ensure knowledge progression.

The RE curriculum in any given school might also make a choice to emphasise or boost a particular topic or area of knowledge based on contextual need. This might require utilising additional resources above and beyond those available to support the Lincolnshire locally agreed syllabus.

Further clarification about this has been sought from the Ofsted RE lead and will be shared with you as soon as it is received.

Christingle Resources from The Children's Society



Every year hundreds of Church of England primary schools take part in Christingle, but many are not aware of the fantastic free resources available to support them, or how their Christingles help thousands of the most disadvantaged young people.

See separate attachment from the Children's Society for more information:

- Helpful hints and tips to ensure you are making the most of your Christingle service
- Download fun Christingle characters and digital assets to help promote your Christingle celebrations
- Order from a fantastic [range of resources](#), including some brand-new activities and videos

This decade we're stepping up the fight
for young people's hopes and happiness.

Find out more about our new vision
and goal at childrenssociety.org.uk

The
Children's
Society

Visit website at <http://www.childrenssociety.org.uk>

Mary's Meals

Please see information below regarding a Christian charity that has provided resources to help develop pupils' global prospectives:

Mary's Meals charity has a vision that every child, particularly those in the poorest countries of the world, should get one daily meal in their place of education. Each meal costs 8p and £15.90 feeds a child for one year. At the moment there are over 2 million children receiving daily meals. Our mission also enables people to offer their money, goods, skills, time or prayer to help.

School + food = hope is a simple but very effective way of encapsulating what we aim to do.



Amazing Grace Explore how poverty can prevent children around the world from getting an education through Grace's story. This inspiring educational pack for primary school children can support learning across the curriculum and includes a video, worksheets and drawing activities.

A range of informative videos, such as Child 31

www.marysmeals.org.uk/get-involved/books-and-films/

If any school wanted to host a talk about any aspect of the work of Mary's Meals, we have volunteer speakers willing to speak at assemblies or to smaller class groups, either in person or virtually via Zoom or Teams.

The next landmark in our calendar is World Porridge Day, celebrated on October 10th (or, for us, any time in October) and there are resources to support anyone wanting to host a porridge party

[World Porridge Day | Mary's Meals UK \(marysmeals.org.uk\)](http://www.marysmeals.org.uk)

Mary's Meals feeds more than two million children in 19 countries around the world every school day. In Malawi, Zambia and Zimbabwe, the children are normally served steaming mugs of porridge enriched with vitamins to help them learn and grow.

Our website has a dedicated section of resources for children

[Resources for children | Mary's Meals UK \(marysmeals.org.uk\)](http://www.marysmeals.org.uk)