



Thought for the Week

Psalm 23

The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

With just one week to go until half term I am sure we are all looking forward to a refreshing of the soul – it has again been a busy term that has required a focus that can be sometimes be very draining. It is definitely time for a rest!

Recently I have been looking at the expenditure of energy and how we can conserve our energy. I have always recognised that if I am cognitively tired, I need to give my brain a rest but I can do something physical – change really is as good as a rest at time. I was recently introduced to 5 different areas of energy:

- Mental energy
- Physical energy
- Social energy
- Emotional energy
- Spiritual energy

I found it fascinating to look, for example, at how much our emotions can have such an impact on our energy levels or how finding meaning in what we do or living to our true values can boost our energy levels, all of this while working within our sympathetic nervous system and parasympathetic nervous system. I'm sure the finding the value in work you do is what allows teachers and school staff to have the energy they need to get through a term.

So, what about your coming half term break? Are you prioritising some time to rest? And what does that rest look like? It's not always about going for a spa day and lying on a bed with cucumber on your eyes (although some days, that is not a bad idea!). What restores your energy? Is it a run or a bike ride? Spending time in the garden? Is it having friends and family around a firepit and sharing a good laugh in the evening as the sun goes down? Is it a

family picnic in the park? Is it spending time in prayer or refectioin and giving yourself time to breathe?

The verse above shows us that restoring our energy does not have to be something we do on our own. Just as a shepherd looks after the welfare of his sheep, God can provide us with quiet rest and can restore us. We can rely on him this half term holiday to refresh us mentally, physically, emotional, socially, and spiritually.

Whatever you are doing this half term, choose to do something that restores your soul and have a wonderful break – change really is as good as a rest

Lynsey Norris – Assistant Director of Education

Important Updates and Messages

Lead Me To Still Waters

On the 1st July this year we have a full day session for headteachers and senior leaders called ‘Lead me to still waters’. It is a session that will support wellbeing and mental health for you, your staff and pupils. The day will provide the opportunity to work through different ideas and thoughts based around Psalm 23 that you can take back to school, as well as providing you with the time to restore your own soul. More details to follow.

iSingPOP

iSingPOP have had a project postponed so they have a project worker in Lincolnshire from the 27th June. If you would like a 3 day or 4 day project, or if a few schools would like a days workshops lease contact michelle.geach@isingpop.com for more details.



Picture News - Jubilee

With the Jubilee approaching Picture News has created some free resources for you schools to use The attached resource can be used for collective worship, a whole school assembly, or in classes (KS1 and KS2) and will make a great interactive display!

Story: 2022 marks 70 years of Queen Elizabeth II’s service and Buckingham Palace has revealed the celebration line-up marking the Platinum Jubilee that will occur during June’s four-day Bank Holiday weekend.

Question: How important is it for us to have a sense of duty?

Virtual Assembly: Found here: www.picture-news.co.uk/discuss