

‘By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.’

Genesis 2 : 2



Dear Colleagues and Friends,

Christians, Jews and Muslims share the view of creation over 6 days. The Bible acknowledges that God rested on the 7th day and this is reflected in the lives of many Christians who worship and rest on a Sunday. In Judaism a rest day is marked from Friday evening through to Saturday to celebrate Shabbat, with many religiously observant Jewish people marking this as a strict non-work day. In Islam, Friday isn't a designated rest day, but is marked by many Muslims as a day of piety with Friday worship at the mosque followed by the weekend. In other dharmic traditions the concept of Dhyana means contemplation and meditation.



Like many who work in schools, I have never been particularly good at taking breaks and time out! However, last week a colleague told me something I hadn't heard before – there are apparently 7 types of rest. I was intrigued and it set me researching and thinking. I found out that the different types of rest include physical, mental and social rest; spiritual rest, sensory, emotional and creative rest. Some types of rest even include 'doing things' which appeals to me.

So, this weekend I made a plan 'to do' some rest. Spending time in the beauty of nature falls under the description of creative rest so, I took to a track that overlooks the Trent bank and enjoyed time listening to birds and seeing the signs of spring emerging and that set me thinking some more!

Spring is the time when nature re-emerges in all its brilliance from the stark and dourness of winter. The secrets of spring are beautifully described in this hymn by Natalie Sleeth.

‘In the bulb there is a flower;
In the seed, an apple tree;
In cocoons, a hidden promise;
butterflies will soon be free!
In the cold and snow of winter
There's a spring that waits to be
Unrevealed until its season
Something God alone can see.’



You may like to listen to the full hymn here. [In the Bulb There is a Flower - Bing video](#)

We are the same, we need rest so we can renew, refresh and be reinvigorated in our daily life and work. Rest in all its forms can lead to increased productivity, new ideas and increased motivation.

So, this week I urge you to plan some time for one of the forms of rest and don't feel guilty. Know that by 'doing' rest you will have renewed energies and refreshed ideas for the work ahead of you.



Have a great week!

[The 7 types of rest that every person needs | \(ted.com\)](#)

from June Richardson, **Schools Effectiveness Advisor**

DEI reflection tool/ survey

Thank you to everyone who has completed this to date. Please can all responses be sent by the Easter break.

We have had some requests for information about some of the references in the DEI reflection tool/ survey. We have included these below.

[Church of England's publication 'Lament to Action'?](#)

[Inclusive Britain: government response to the Commission on Race and Ethnic Disparities - GOV.UK \(www.gov.uk\)](#)

[Leaders Like Us - UKME Future Headteacher Programme - Foundation For Educational Leadership \(cefel.org.uk\)](#)

[Home - Schools of Sanctuary \(cityofsanctuary.org\)](#)

**Have you booked for our Leadership Conference?
Don't miss out and click here to book today!**



**ALL ONE -
RADICALLY INCLUSIVE**

**29
March,
2023
10am**

The Showroom,
Tritton Rd,
Lincoln,
LN6 7QY

*'There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are
all one in Christ Jesus.'* Galatians 3:28

All One: Radically Inclusive

We are delighted to invite you to our Annual Headteacher, Senior Leaders, Chair of Governors and Clergy Conference – All One: Radically Inclusive.

We can announce our keynote speakers, that will each look at the theme from their own specialism on the day. The **Rt Rev Stephen Conway**, Acting Bishop of Lincoln, having first trained as a teacher as well as previously chairing the Council of the National Society Council which supports the church's work in schools and further and higher education, brings a wealth of experience to our conference. He will be inspiring and challenging us at the start of our day.

Lorraine Prince is the Head of Networks for The Church of England Education Office. She facilitates CPD and networks focusing on EDI, SEND, Trauma and Teaching and Learning. She previously was a teacher for twenty-five years in UK and US; having studied in London and New York. She co-leads the BAMEed Eastern region network, a grassroots network that ensures our diverse communities are represented as a substantive part of the education workforce for teachers and educational leaders

Alan Watkinson former teacher of **Mo Farrah** will also be joining us. Alan taught PE and History for 17 years in secondary schools. During this time, he was also a Head of Year and a Gifted and Talented Coordinator. He became Partnership Development Manager of Isleworth and Syon's School Sport Partnership (I and S SSP) in 2007. I and S SSP evolved into Sport Impact in 2011 and he has led the organisation throughout. You may know Alan as the teacher from the Mo Farrah documentary as he was the teacher that mentored Mo Farah through some very difficult times. If you have not seen the documentary we would highly recommend it. <https://www.bbc.co.uk/programmes/m001977f>

Prof. Trevor Cooling will be joining us for our afternoon session. Trevor is an Emeritus Professor of Canterbury Christ Church University. His role is to lead on research and knowledge exchange in Christian Education. His background is in secondary teaching, where he started his career as a biology teacher and then moved into RE teaching having taken two years out to study for a theology qualification. On the day Trevor will spend time exploring what it means in practice to develop a theologically grounded vision which is both deeply Christian and serves the common good.

Details

Date: Wednesday 29th March 2023

Time: 10:00am – 3:30pm (refreshments from 9:30am)

Venue: The Showroom, Tritton Rd, Lincoln, LN6 7PQ

Cost: Staff £180 (non SLA £285)

Governors £140 (non SLA £220)

Clergy £75

To book please use the following link <https://www.lincolndioCESaneducation.com/calendar/?calid=1,2,3,4,5,6,7,8,9,10&pid=9&viewid=1&event=301>



Upcoming LDBE Courses—

For more information—click the links below!

14-03-23	17.30-19.00	Clerk to Governors Briefing	Online—click here for more information
15-03-23	13.00-15.00	SIAMS: Living up to your Foundation From Sept 2023 and beyond	Online—click here for more information
21-03-23	16.00-18.00	Collective Worship Going Deeper: Inspirational	Online—click here for more information
23-03-23	10.00-12.00	Governor Roles and Responsibilities	Online—click here for more information
29-03-23	10.00-15.30	All One - Radically Inclusive: Headteacher, Senior Leader, Chair of Gov and Clergy Conference	Face to face—click here for more information

Understanding Christianity - Interest

Please let us know if you would like to be trained in the use of the [Understanding Christianity](#) resource—please use the form linked below:

<https://www.lincolndiocesaneducation.com/interest-form>

