

TEAM TALK

FEBRUARY 2025 | 05



TEAM Education Trust
Together Everyone Achieves More

A Fresh Start to 2025: Exciting Changes and Celebrations

I hope you've had a fantastic start to 2025! As we begin this new term, I'm excited to share some wonderful updates with you.

We are thrilled to announce we have been able to appoint a new Principal, Anni Crawford, at Newman School, marking a positive step forward for the school community and we do have a full introduction within this TEAMtalk where Anni's bio can be found. Additionally, we received the great news that Caunton Dean Hole CofE Primary School was granted its Academy Order last month. This has paved the way for us to appoint Joanna Crook as the new Principal of School at Whaley Thorns, plus she is the new Sustainability Champion. With this appointment, we're also pleased to announce that Charlotte Butcher will now focus on supporting our Primary schools and satellites in her extended role as Primary School Improvement Lead, where she will continue to focus on ensuring Caunton Dean Hole smoothly converts.

Another highlight I'd like to celebrate is the dedication of our staff who have reached a remarkable milestone of 25 years of service within education. We're incredibly proud of their commitment and contribution and we have included a special section within this TEAMtalk.

Finally, it's always good to hear about the courses and programmes you are studying and fits very much with the support we offer for these through our People Strategy, launched to you in September at our annual conference. Most recently achievements shared with me are from Michaela Glarvey who's completed her Post Graduate diploma in Applied Leadership and Management. Please join me in congratulating Anni, Joanna, Charlotte, and all our colleagues on their well-deserved success!

In terms of developments, the Newman School engagement building continues to make progress with our senior leader's input, and we have included 3D models in this TEAMtalk edition, and planning permission is now being sought. At Stubbin Wood we have had Derbyshire County Council Cabinet approval to move forward with the Primary development of Stubbin Wood and advise on undertaking surveys to support our planning application. Further to this, Nicola Cook and I have met with Carol Gray, Regional Director from the Department for Education for the East Midlands and shared these updates with her, as well as further developments taking place across our satellite projects. We have had the engagement meeting for the Secondary Mansfield Site and hope to start work on the caretakers bungalow renovations in the coming weeks. We estimate this should take 12 - 16 weeks and plan for transition for pupils to begin in the summer term.

The start of February saw us visit all our schools as part of our Trustees and Members tours. If you would like to read more, please visit my last [LinkedIn post](#).

Alongside all of these projects, Matt Morris and Olivia Sharp from the Central Team have been finalising the programme for our National SEND and Inclusion conference in March which will be headlined by Sir Martyn Oliver and be one of the OFSTED consultation events as well as part of the International Forums for Inclusion Practitioners research events in England. Additionally Matt and Olivia have been working on developing all the schools and Trust websites, I am excited to share that these are now live and you can visit them by [clicking here](#).

Lastly, I want to take a moment to thank each of you for your ongoing hard work and dedication. Your contributions within your individual schools and across TEAM are truly appreciated. Have a fabulous half term.



ON THE RADIO

Caunton Dean Hole Church of England Primary School is taking to the airwaves on Saturday 22nd February as part of its public relations campaign to raise the profile of the school and increase pupil numbers. The forty second advert will be aired on Radio Newark www.radionewark.co.uk and will be broadcast 35 times throughout the day over a two-week period at prime times. The campaign promotes our 'Walkabout Wednesdays' whereby parents can pop in to meet with friendly School Leaders to view the school in session. We encourage everyone to tune in to the radio advert and share it within your networks to help us reach more families who can benefit from what our Trust has to offer.



[Click here to listen to the campaign](#)

MENTAL HEALTH WEEK

Recently, we observed Children's Mental Health Week. During this time, we have engaged with our students across the Trust about the significance of mental health, self-care, recognising feelings of sadness, and identifying trusted individuals to whom they can reach out for support.



NEWMAN SCHOOL - 3D IMAGES

These are 3D renderings of the new building being designed for the Whiston Site at Newman School. At present, we are on track to open in January 2027.

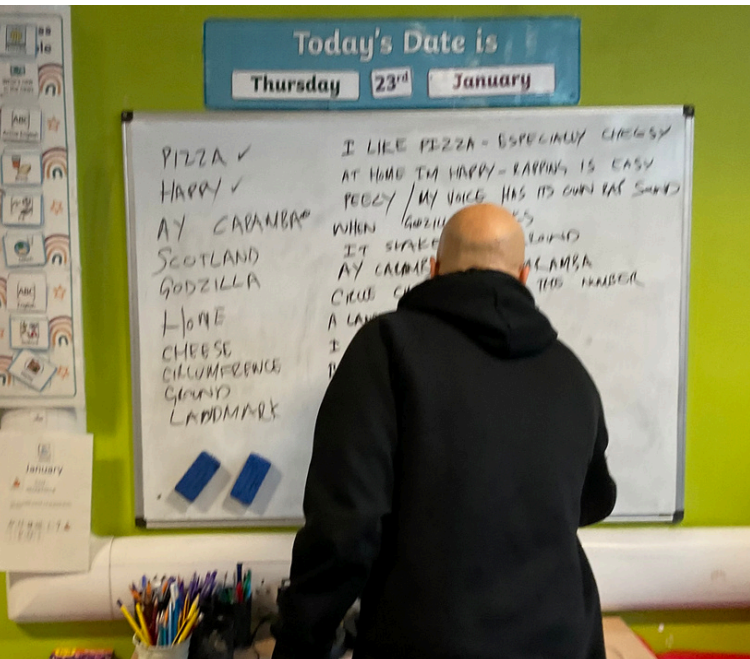


KINDNESS CURRICULUM

Model Village students have been focusing on their kindness curriculum work around humility and diversity. The curriculum encourages them to practice active listening and empathy, helping to foster a more inclusive and supportive school environment. By exploring real-world scenarios, students are gaining valuable insights into how humility and diversity can positively impact their interactions both inside and outside the classroom.



As a component of Positivity in the Kindness Curriculum, we've also welcomed Andrew, the incredible rapper, to our schools. He has inspired students by demonstrating how to create their own rap masterpieces.



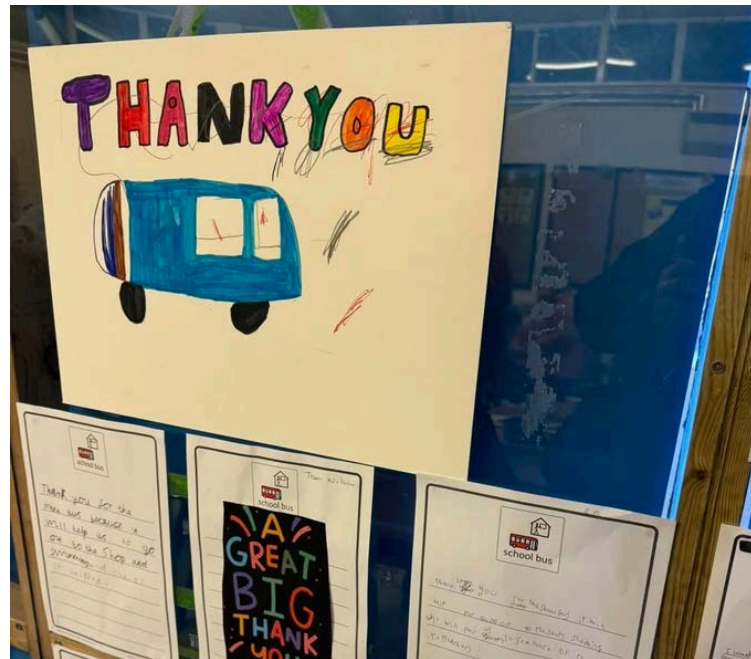
His visit was more than just a musical performance; it was an interactive workshop where students learned about the power of words and rhythm in expressing emotions and building connections. Andrew shared his journey, emphasising the importance of maintaining a positive mindset and using creativity as a tool for personal growth and community building. His engaging approach encouraged students to explore their own talents and understand the impact of positive self-expression

THANK YOU

On Thursday 23rd January staff and children from Newman School welcomed visitors to thank them for all the support in their mini bus appeal. Thanks to the generosity of parents, carers, local business, local press and a bequest from an ex student we managed to raise over £50,000.



Many young people wrote thank you letters and expressed their thanks on the day.



SPORTING SUCCESS

A group of 13 Year 3/4 students participated in the Invasion Games Festival held at Heritage High School. The children had a wonderful time being active, enjoying themselves, and learning various small-sided games together. One student from Model Village was honored with the Spirit of the Games award for showing outstanding effort, determination, and teamwork. Congratulations to them!

In addition, a team of 13 students represented Model Village in a rescheduled Sports Hall Athletics Competition at Fredrick Gent School in South Normanton. The Model Village team achieved a commendable third place. The children thoroughly enjoyed participating in a variety of track and field events. Great job, everyone!



Model Village also took part in an inclusive Pentathlon sporting event on Tuesday, January 28th. Twelve children represented our school at Pilsey School, where they engaged in activities they had never tried before, giving their best to accumulate points within a structured circuit. One of the Model Village teams achieved third place, while another team emerged as Pentathlon WINNERS! We are proud to have a beautiful trophy and certificates to celebrate this achievement. Well done!

WHALEY THORNS LEARNS CURLING

Whaley Thorns welcomed the Bolsolver Schools Partnership for a session focused on health and wellbeing. The children were introduced to the Olympic sport of curling, and it was heartwarming to hear their cheers and enthusiasm as they engaged in the activities. We might just be witnessing the emergence of future Olympians!



INSPIRATIONAL ARTISTS

Year 2 children at Model Village have been studying the Artist Orla Kieley in Art – the children have been exploring patterns in the style of Orla Kieley with repetition and rotation. They have been experimenting with various shapes and colors, creating vibrant designs that echoed the unique style of the renowned artist.



STORY CLUB

At Model Village, there is a KS1 afterschool club dedicated to storytelling, known as the Story Basket Club. Each week, children pair up with a partner to craft their own stories using the intriguing and unique objects found in our story basket. The session begins with a tale told by Mrs. Wylie and concludes with a child sharing their own story with the entire group. This approach provides a wonderful opportunity to boost the children's confidence in a supportive and intimate setting.



KINDNESS CURRICULUM: JOY

February's theme of Kindness is centered around Joy. Our students have embraced this theme with enthusiasm. Teachers and students alike have shared their own experiences of joy, sparking meaningful conversations about how small acts of kindness can create a ripple effect in our communities.



MODEL VILLAGE ARTS COUNCIL

The Arts Council is composed of students from KS2, including some from Years 3 to 6. With the transition of our Year 6 children to secondary school, we welcome new members to the Arts Council. Model Village School recognizes the importance of the arts in enhancing learning experiences, and our Arts Council students have the chance to contribute to the development of arts projects, events, and the curriculum.

The vision for future initiatives from the Arts Council includes more drama performances and a large-scale mural as a visual representation for our outdoor play project across the entire school. Stay tuned for updates



GETTING MUSICAL

KS2 students at Model Village Primary School have been embracing music. Their handbell group has been busy learning new songs for a performance for the Trustees last week. The pupils mastered the pieces in record time and relished the challenge. Additionally, the school held its inaugural performance from the new choir, who have been enjoying rehearsing "Count On Me" by Bruno Mars and are eager to expand their repertoire with another song. The dedication and hard work of both the choir and the handbell group reflect the school's commitment to nurturing musical talent and fostering a love for the arts among its students.

EXCITING NEWS

Almost a year ago, we successfully walked away from the Multi Academy Trust Association (MATA)'s National MAT Awards with the Inclusion Award.

We're delighted to be nominated once again, this time for the Working with the Community Award. This nomination recognises the Business and Community Network that we have created, and the impact civic and business leaders have had on the lives of our pupils.



Nelly has been trained to be calm and gentle around children. She is an Old English Sheepdog and is 6 years old. She has been a trained therapy dog for over 5 years, she has a very loving and gentle nature.

Numerous research studies have shown the benefits of therapy dogs in schools. Therapy dogs have been working in schools for a number of years across the UK. Evidence indicates that benefits include:

- Cognitive – companionship with a dog stimulates memory, problem-solving and game-playing
- Social – a dog provides a positive mutual topic for discussion, encourages responsibility, wellbeing and focused interaction with others
- Emotional – a school dog improves self-esteem, acceptance from others and lifts mood, often provoking laughter and fun. Dogs can also teach compassion and respect for other living things as well as relieving anxiety.
- Physical – interaction with a furry friend reduces blood pressure, provides tactile stimulation, assists with pain management, gives motivation to move, walk and stimulates the senses
- Environmental – a dog in a school increases the sense of a family environment, with all of the above benefits continuing long after the school day is over.
- Reading – reading to dogs has been proven to help children develop literacy skills and build confidence, through both the calming effect the dog's presence has on children as well as the fact that a dog will listen to children read without being judgemental or critical. This comforting environment helps to nurture children's enthusiasm for reading and provides them with the confidence to read aloud.

WE ARE SHORTLISTED!

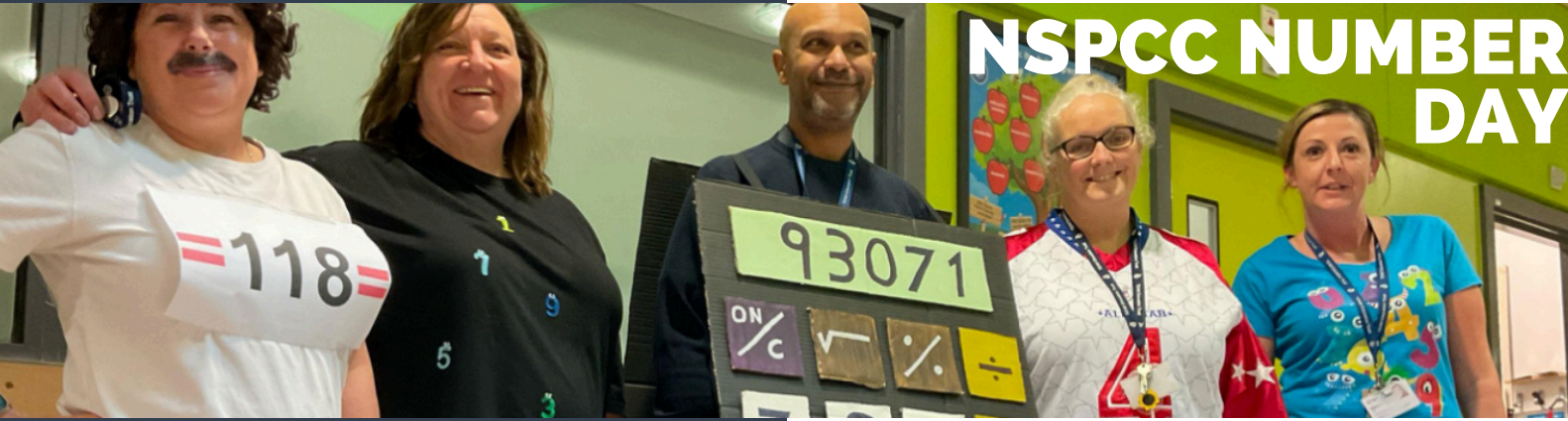
THE NATIONAL
MAT
AWARDS
2025

TAKING PLACE AFTER THE NATIONAL MAT CONFERENCE 2025...

INTRODUCING NELLY

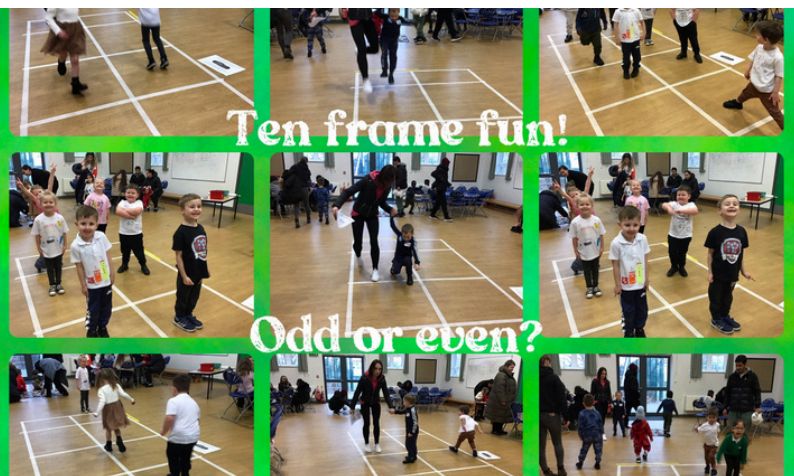
We are delighted to introduce you all to Nelly, Willow Park's new therapy dog who will be coming into school every Tuesday afternoon to spend time listening to pupils read or talk about their worries.

We hope that she will become a popular part of the school and play an important part in our commitment to ensuring the mental well-being of the students. Nelly will visit the school with her owner Judith and she has lots experience of visiting schools with Nelly.



Every year, we celebrate NSPCC Number Day throughout the Trust. During the event, students participate in a variety of math-themed activities and challenges designed to make learning both fun and engaging. From math quizzes to problem-solving games, the day is packed with opportunities for students to explore numbers in creative ways. Not only does this event support a worthy cause, but it also encourages teamwork and critical thinking, skills that are valuable in every aspect of life.

At Stubbin Wood School they had a fun and engaging day exploring a wide range of mathematical activities. The students worked on mass and capacity, solved number jigsaws, and enjoyed playing number games online. They also practiced number formation outside with chalk and used foam to reinforce their skills. In addition, they explored time, finger-painted arrays, and practiced multiplication with 2s, 5s, and 10s. The day included activities like filling in missing numbers on a 100 square, playing place value games, measuring, and comparing numbers. The students also had a great time playing math games on Topmarks and taking on number strategy challenges.





NATIONAL PUZZLE DAY 2025

On the 29th January 2025, schools across TEAM took part in National Puzzle Day, engaging in a variety of fun and challenging activities that encouraged problem-solving, teamwork, and critical thinking. From hands-on puzzles and brain teasers to interactive digital challenges, students of all abilities explored the power of puzzles in creative and exciting ways. It is fantastic to see so much enthusiasm as pupils, built resilience and celebrated their successes during the day. A huge well done to everyone who took part!



In addition to the mental challenges, the event served as a reminder of the joy of learning through play, demonstrating that education can be both engaging and enjoyable. By the end of the day, it was clear that National Puzzle Day had left a lasting impression on everyone involved, inspiring both students and educators to incorporate more interactive learning experiences into their daily routines.

As we look forward to future events, the success of this year's National Puzzle Day promises even more innovative and inclusive activities, ensuring that the love of puzzles continues to grow and thrive within the TEAM community.





Since the summer of 2024 all Stubbin Wood students are offered free breakfast through our involvement with Magic Breakfast, a charity supporting schools across the UK to feed children and help end child morning hunger for good.

'It's become part of their daily routine and helps settle them as well as giving them vital life skills.' - class teacher



For an annual membership fee of next to nothing, we receive weekly donations of premium brand cereals, bakery goods and baked beans. We are provided with as much food as we need to reach all students at the start of the school day: Magic Breakfast want us to feed all children in need. Our school day starts with breakfast on arrival. It's an integral part of our daily school routines and forms part of continuous provision for aspects of development and learning such as independence skills, mathematical understanding of capacity, physical development and of course social skills. For many students who begin their school day on transport, breakfast is a welcome snack time as they have been up a while already.

'The students feel involved in a family atmosphere. It gives them independence and choice that sometimes they don't get in life.' - class teacher



Breakfast is set up in classrooms at the start of the day with different classes choosing how to serve what's on offer depending on the needs of their students. Many classes opt for our preferred dressed table with students seated around the table whereas some prefer to operate a breakfast bar system where students prepare their own meal and then eat at their own spaces.

'The uptake has been astronomical and the children engage well with learning after breakfast.' - class teacher

The impact of this is improved focus during lesson time and for many students, improved social skills as well as their communication skills. Our students report that breakfast gives them the chance to make sure they have eaten in the morning. Staff have noticed that since introducing breakfast, students are more engaged and ready to learn. They have commented how there has been a noticeable difference in the development of manners, communication and social interaction skills as well as improved self help skills.

If you would like to know more about setting up breakfast club provision in your school please do not hesitate to contact Vashti:

v.hildreth@stubbinwood.teameducation.org

CALLING ALL TA'S

As I prepare for the 2025-26 planning period, I would love to gather your insights on the themes for training within your network.

Could you please fill out [this brief form](#)? This will help me align your requests with those from SENDCos and our contextual SEND profile for TEAM.



I am collaborating with Gemma Sale, our SENDCo and LAC Champion, to design an engaging program of six online training sessions for you. I understand that some of these sessions may occur outside your regular working hours, and as part of my commitment to your ongoing professional development, I will ensure that additional training time is honored. Attendance will be recorded, and this will be processed by our finance team. Please make sure you are visible on screen and have access to a microphone for the sessions. Note that not everyone needs a personal device for participation.

- Sarah

SCIENCE CHAMPION

Summary of role:

To support the Trust's approach to collaboration and school improvement through team working and facilitation of the achievement of the priorities outlined below.

What will the role involve?

The purpose of the champion role is to help implement priorities and support staff to embed new approaches to support school and Trust wide improvement.

As a champion you will work closely with the CEOO to help shape next steps and ensure long term impact within your Champion area of responsibility.

Example of activities include:

- Complete and launch the aligned curriculum for science which includes blended learning.
- Observe practice and provide coaching/mentoring as appropriate to support with Science implementation within school.
- Provide staff CPLD opportunities linked to Science as appropriate, including in terms of subject pedagogy

Requirements for the role:

- Being approachable and willing to help.
- Keen to keep up to date with the latest research linked to your area of enthusiasm and interest
- Ability to model excellent practice and develop subject pedagogy
- Ability to facilitate network meetings
- Ability to mentor/coach others to drive improvement

If you would like to find out more [please click here](#)

If you are interested in this role please send a letter of interest to the Chief Executive Officer and Chief Education and Operations Officer, at s.baker@teameducation.org and r.watson@teameducation.org outlining how you could support this area across the Trust.

Closing Date: 7th March 2025 at 9.00am.

WORKING GROUP

Join Our Working Group to Shape the Future of Support for Young People

We are currently developing our wider holistic provision and have been working internally to explore what we offer through our Early Help, Matrix Panel, and SENDCo teams. We are now looking to expand this conversation and invite those who are interested to join us in shaping the next generation of support provision for young people.

If you are passionate about improving outcomes for young people and would like to contribute to these important discussions, please reach out to c.peach@teameducation.org to express your interest. Together, we can create a more effective and inclusive graduated support system.

SELF-CERTIFICATION FORM

We wanted to remind you of the importance of completing a self-certification form for any absences that are not covered by a fit note from a medical professional.

The self-certification form is a necessary part of our absence management process and ensures that we maintain accurate records in line with Trust policy and legal requirements. Without a properly completed self-certification form we may not be able to process any sick pay due to you.

The form must be completed for all absences lasting seven days or less, unless a fit note has been provided. and should be completed as soon as possible upon your return to work, ideally on the first day back.

You can access the self-certification form here: [Self Certification \(Absence\) SC2-Form](#)

Once the self-certification form has been completed it should be submitted to your line manager and the central HR Team at hr@teameducation.org. They will then contact you if you are required to attend a Return to Work meeting to discuss your absence.

Thank you for your cooperation. If you have any questions about the process or need assistance, please do not hesitate to reach out to hr@teameducation.org

YOUR TEAMTALK

We're looking for good news stories from schools, pupil success stories, staff success stories, feedback from events and training, and an insight into the collaborative work of you and your colleagues.

Please share your stories and articles, along with photos to **Olivia Sharp, Marketing & Social Media Officer** via o.sharp@teameducation.org

THANK YOU

A heartfelt thank you goes out to Terri Peters, Sarah Darrington, and Hayley Davis from Model Village School, Sharon Fox from Newman School, Kay Langrick from Whaley Thorns School, and Nicola Lafferty from Stubbin Wood School for their impressive 25 years of service to their schools!

Your dedication and commitment have been invaluable to our community, and we are truly grateful for your hard work and passion. Your efforts have made a lasting impact on countless students and colleagues, and your legacy will continue to inspire future generations. We celebrate and honor you for your remarkable contributions to education and the continued success of our schools.

CEO CHAT

The next CEO Chat is on the **14 May, 3:30pm**. Please see the link below to join.

These sessions are an opportunity for you to ask any questions and receive an update on current projects and the growth of the Trust.

If you have any questions please submit them to Carolyn Peach (c.peach@teameducation.org) before noon on 7 May.

Your participation is greatly appreciated, and your input is invaluable in fostering a transparent and collaborative environment. We encourage you to take this opportunity to engage with the leadership and gain insights into the strategic direction of our organization.

We look forward to seeing you there and answering any questions you may have.



[Click Here to Join the CEO Chat](#)

WELCOME TO ANNALI CRAWFORD

NEW PRINCIPAL AT NEWMAN SCHOOL

I have been teaching for over 26 years and hold a master's degree in education. My leadership and teaching experience is wide and varied. I have worked across all ages and sectors. My passion is inclusion. I have worked in challenging schools, most recently as Headteacher of a primary school in a very disadvantaged area. I worked hard to close the attainment gap by supporting children and families following a trauma informed positive behaviour approach.

I have been a senior leader in a special school for children with profound, multiple and complex needs and deputy headteacher in a KS2 and KS3 pupil referral unit. I have worked in large comprehensive schools as head of physical education. I also worked as one of Her Majesty's Inspectors and my specialist areas are physical education, behaviour, inclusion and safeguarding.

I have a genuine commitment to inclusion. Everyone has the right to a good quality education. Everyone has the right to aspire to a better future that is safe, supported, and inclusive. I have a passion to ensure every young person has a voice and that the support and opportunities they receive are relevant, ambitious, and tailored to meet their needs. I want all our young people to have a clear plan and be best equipped for what comes next and hold the pupils and their learning, well-being, growth, welfare, and development at the heart of everything I do. I will endeavour to ensure all pupils achieve their full potential and become socially responsible young adults who can live exceptional lives.

When I am not at work you will often find me looking down a microscope at hedgehog poo as I run a small hedgehog rescue from my home with my partner. So far, we have treated over 350 poorly and injured hedgehogs and released many of them back into the wild.

I also love the outdoors, anything from wildlife gardening through hiking in the Calder Valley to trail running. I relax by spending time with my five cats alongside a weekly Yoga session whilst also learning to play the guitar. You will often find me dancing at any opportunity I get ... If that is not enough, I like to do crazy things too. I have completed two bungee jumps, a 15000 foot skydive, been in a hot air balloon and this year I plan to complete both a second skydive and a wing walk!



PEOPLE STRATEGY DEVELOPMENT LEAD

Location: Central TEAM (Flexible – 2 days per week)

Salary: 1x TEAM Leadership point

Deadline for applications: Midday, 3rd March

Are you passionate about creating a supportive, engaging, and inspiring work environment? Do you thrive in a collaborative setting and want to make a real impact on the experiences of staff, from their first day with TEAM to their continued growth within our schools? We are seeking an enthusiastic and innovative individual to join our Central TEAM as a People Strategy Development Lead to support the embedding of our People Strategy. Working closely with our CEO and Director of Transformation, you will play a key role in developing and enhancing staff experiences, particularly for those new to teaching or new to our TEAM schools.

Key Responsibilities:

- **TEAM Welcome Pack Creation:** Develop a comprehensive and engaging welcome pack for new staff which shares the people strategy (workload charter and wellbeing strategy), which includes our induction and training pack, and details of our Continuous Professional Learning and Development (CPLD) offer.
- **Support Provision for New Staff:** Design and implement a year-long support program for staff new to a TEAM school or new to teaching, ensuring they feel valued and equipped for success.
- **Wellbeing Coaching:** Co-leading a wellbeing coaching session focused on habit formation, helping staff build sustainable practices that support their mental health and work-life balance.
- **Day-in-the-Life Experience:** Coordinate and lead cross-school “Day in the Life” experiences, allowing staff to explore different school settings and deepen their understanding of the wider TEAM community.

What You Bring to the Role:

We're looking for someone who can combine passion with practical solutions. Beyond the core responsibilities, we would love for you to bring fresh ideas that will directly contribute to the recruitment and retention of our incredible staff. Whether through initiatives that boost staff morale, creative onboarding strategies, or other innovative solutions, your contribution will directly embed our people strategy. We also recognize the importance of career development and will work closely with you to create a career pathway, including opportunities for further qualifications and professional development to enhance the role.

If you're ready to take on an exciting, impactful role in developing the People Strategy at TEAM, we'd love to hear from you. Apply Today! Please send your cover letter outlining your suitability for the role to c.peach@teameducation.org

We are committed to fostering an inclusive and supportive environment where everyone has the opportunity to thrive.

What We Offer:

- **Supportive Environment:** Work closely with our CEO and Director of Transformation in an open, collaborative environment.
- **Career Development:** A strong focus on your own growth, with access to further training and qualifications to support your career goals.
- **Impact:** The chance to make a lasting impact on staff engagement, development, and wellbeing across the TEAM community.

Qualifications and Experience:

- Alignment to our TEAM Values
- Passion for supporting the professional development and wellbeing of staff.
- Strong organizational skills and attention to detail.
- Creative thinker with the ability to develop new initiatives and solutions.
- Experience in educational settings or a keen interest in the education sector would be a bonus.

WHAT IS TEAM FOCUS?

TEAM Focus is a new section of TEAM Talk dedicated to Teaching and Learning, and strategies for the classroom. It's also the place for us to share theory and research, to help drive improvements in pedagogy, and to create consistency across the Trust.

If you have an article or idea that you want to share in TEAM Focus, please email Matt Morris (m.morris@teameducation.org) or Olivia Sharp (o.sharp@teameducation.org).



READING FOR PLEASURE

Given the importance of reading for pleasure in educational settings, Books for Topics serves as an excellent resource for parents and students to explore a diverse array of texts from home. The texts are categorised by age ranges, ensuring they are suitable for young readers. By providing read-aloud options, potential barriers to reading are eliminated, allowing students to enjoy literature without requiring adult assistance.

You can download these resources for free from the [Books for Topics](#) website, which boasts a vast collection of stories and non-fiction works. By scanning QR codes, readers can instantly dive into captivating worlds of imagination and knowledge, nurturing a lifelong passion for reading. This initiative not only advances literacy skills but also cultivates a community of eager readers who can exchange experiences and recommendations.

Encouraging reading for enjoyment is fundamental to academic achievement, as it improves vocabulary, comprehension, and critical thinking abilities. We invite teachers, parents, and students to delve into these resources and experience the joy of immersing themselves in a great book. Remember, each page you turn brings you closer to a brighter future!



EYFS - EVERY YEAR FEELS SIGNIFICANT



As Early Years professionals, every year will be faced with it's challenges whether this be in the form of the children's needs, family engagement, environment or staffing.

More than ever before, 'Early Years' has been highlighted within the press, government and even royalty. Princess of Wales Kate Middleton has been working on her 'Shaping Us' early years project highlighting the importance of experiences in early childhood.

Remember the effort and variety of enriching experiences of understanding ourselves, others and the world around us is vital.

Working as a team to put this into your educational settings will be absolutely worth it for shaping your young children's minds in the beginning of their learning journeys. Keep up the great work my fellow 'Early Years' colleagues! - *Rachel Edwardson EYFS Champion*



TEAMFOCUS



TEAM Education Trust
Together Everyone Achieves More

TEAM WELLBEING

WELCOME

Welcome back everyone, I hope you all had a restful break over Christmas. Our first week back started with a snow day! I hope you all had a positive first few weeks back starting into Spring Term.

It's always refreshing to begin a new term with a touch of winter magic. As we move forward, let's carry that sense of wonder and enthusiasm into all our projects and goals. Remember, our community thrives when we support each other, so let's keep the spirit of teamwork strong and vibrant. Here's to a successful and fulfilling term ahead!



Kirsty Evans

BEAT THE JANUARY BLUES

January is associated with SAD (Seasonal Affective Disorder), the symptoms for this are:

- Persistent low mood
- Feelings of despair, guilt and/ or worthlessness
- Sleeping for longer
- Loss of pleasure/ interest in everyday activities
- Difficulty in concentrating
- Irritability
- Craving carbohydrates and gaining weight
- Feeling lethargic

For the people who are affected by this, it is suggested that the following may help:

- Light therapy
- Talking therapies
- Regular exercise
- Natural sunlight



When things become too much and overwhelming, breathing techniques can help to ground you and be calmer. Here are some techniques to help:

For calm: try box breathing

Visualise a square as you breathe in four equal parts: inhale, hold, exhale, hold. Start by inhaling deeply through your nose for a count of four. Hold your breath for a count of four. Exhale slowly and completely through your mouth for a count of four. Hold your breath again for a count of four. Repeat this cycle for several rounds, maintaining a steady and controlled rhythm. Box breathing helps to regulate your nervous system, bringing about a state of calm and balance, and is an excellent technique to use during stressful moments.



For sleep: try the 4-7-8 method

Sit or lie down comfortably, and place the tip of your tongue against the ridge behind your upper front teeth. Exhale completely through your mouth, then inhale quietly through your nose for four seconds. Hold your breath for seven seconds, and then exhale completely through your mouth for eight seconds. Repeat this cycle for a total of four breaths.