

DET dispatch

12:06:2020

As we count down to the 15th June, I know that many of you have been planning to welcome back our Year 10 and 12 learners. The logistics involved in opening our schools are significant and I know countless hours have been spent in preparing the buildings to accommodate the social distancing guidelines. Despite this, there is a genuine excitement among colleagues, I know, that our core purpose – to guide and support our young people towards a fulfilling and joyful future – is to start, face to face, once more.

This next phase will bring with it new challenges and, undoubtedly, an increased workload. Many are now preparing and delivering lessons in schools whilst still maintaining our remote learning provision, and this will only increase from the 15th June. My sincere thanks to you all for what has gone and for what is to be.

Recent press and political statements have demonstrated a re-awakening of all to the importance of education and educators, and I am heartened to see that the national emphasis is giving more consideration to the future of our young people. We do not know what September will bring but please do rest assured that the exceptional school leadership and outstanding response from colleagues right across our schools means that in the Danes Educational Trust we are well placed to take thoughtful and measured decisions about our educational provision across the autumn term and beyond.

I know for many of you, despite your brave faces, these last few months have been tricky times. I am therefore pleased that this edition of our Trust dispatch can signpost and provide help and advice, and I am grateful to our colleagues in HR who have compiled this edition of the DET Dispatch: I hope you will find it helpful. I am particularly delighted that we have secured the services of two outstanding speakers for our first ever on-line Speaker Event.

Amidst the immediacy of dealing with day to day issues and reacting to an ever-changing national agenda, I have been delighted to see and read of how our schools are planning for the future. The virtual tour of Onslow St Audrey's for Year 6 learners transferring next September is a masterpiece. It was also heartening to read of the many sincere thank you messages schools have received from parents. St Clement Danes shared a number of these with their staff in the Headteacher's newsletter as part of the National 'Thank a Teacher' Day on 20th May.

The Educational Team are also planning for next year and beyond and, as our Trust is growing, there are increased opportunities for colleagues to develop and enhance their careers within the central Education Team of the Danes Educational Trust.

Yesterday we posted adverts for three seconded positions for 2020/21: all staff should have received details yesterday. The posts are: DET Curriculum Development Lead [HERE](#); DET Inclusion and Safeguarding Lead [HERE](#) and Subject Lead Practitioner for Maths [HERE](#). As we continue to grow, there will be more opportunities for colleagues to work both within their own school and across the wider Trust and, in a future DET Dispatch, we will share with you the work of the Education Team at Trust level.

As a sunny thought, the weather forecast suggests it will stop raining so I wish you all a restful time this weekend. Perseverance and resilience are all.

Josie Valentine

CEO of the Danes Educational Trust

Making the difference together

STAFF WELLBEING

Our Core Values:

- We value joy in working, teaching and learning together
- We encourage everyone within our Trust to feel optimistic about the future and how they can shape it
- **We support all individuals in developing resilience to enable them to change and grow as a result**
- **We value and support the wellbeing of all individuals who learn and work in our schools**
- We provide equality of opportunity and experience for all
- We provide a safe and secure learning environment for all

FIVE STRANDS OF SUPPORT:

1 Employee Assistance Programme

If you have a personal or work issue, support is here. Our Employee Assistance Programme includes telephone support, specialist advice and online support.

- Freephone 0800 197 0655
- legalandgeneral.com/eap (**Username:** worklifeeap; **Password:** worklifeeap)
- Search for 'My Healthy Advantage' app in your Android or iOS device **Code:** worklifeeap

A number of useful articles can be found here www.healthassured.org/blog

Shout – for support in a crisis

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

- Text Shout to 85258



shout
for support in a crisis



2 Digital Resources

Danes Educational Trust employees are invited to access the online mental health support programmes, Sleepio and Daylight, at no cost. This offer is time limited, therefore, sign up by the end of June to access these tools for free for 12 months.

- If you're dealing with worry and anxiety, get access to [Daylight here](#).
- If you're struggling with falling asleep or staying asleep, get access to [Sleepio here](#).

headspace

Headspace is an everyday mindfulness app available free for 12 months to all school staff, [sign up here](#).



3 Self-Directed Learning

There are a wide variety of on-line courses available for you to work through at your own pace to support your wellbeing:

[Coping & Wellbeing During Covid-19: A Guide for Staff](#) – Includes links to a range of resources

[OpenLearn](#) – Includes a range of Mental Health Tips and Resources

[Future Learn](#) – Includes Wellbeing and Resilience at Work

[Creative Education](#) – Includes Simple Self Soothe Strategies and Manage Your Mental Health as a New Teacher

[Ted Talks](#) – Includes How to Make Stress Your Friend

4 Line Manager Resources

Headteachers have received materials for a briefing session for line managers to help them support staff mental health and wellbeing.

5 Speaker Events

We are planning a series of live speaker events open to all staff on the themes of Mental Wellbeing and Resilience. The first event will be on Tuesday, 23rd June at 3.30pm hosted by [Sam Garner](#), renowned speaker and trainer on mental health who will be talking about mental wellbeing, the second event will be on Monday, 29th June at 3.30pm hosted by Lucy Bailey, CEO of [Bounce Forward](#) who will be talking about resilience.

WORKPLACE WELLBEING SNAPSHOT SURVEY

We are keen to know how you are doing in respect to different aspects of wellbeing. Please take a few minutes to fill in our short [snapshot survey](#). The survey will be open until 21st June 2020 and we will run it again at the end of term.



DANES EDUCATIONAL TRUST



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