**To           :              Headteachers; Chairs of Governors; Foundation Governors; Ex-officio clergy; Deputy Headteachers; RE CoOrdinators  (and please forward widely)**

**From     :               Jeff Williams**

**Date      :               22nd  September 2021**

**Re           :              Staff Reflections**

Dear colleagues

We are conscious that we are all rightly paying attention to the wellbeing of children and young people, particularly in this time of ongoing uncertainty, and we hope that some of the resources and training we continue to provide will assist.

Attending to our own wellbeing as adults, and supporting those with whom we work and serve, may sometimes slip down our list of priorities. Finding space and time to be conscious of our own needs, but also to just take a break, can be challenging in our busy lifestyles. Many find that creating a routine slot to take time out, however brief, helps attending to one’s wellbeing – others find that random but intentional quiet and reflective time is equally helpful.

We know that the Reflections we send for children in our schools have been used by many adults receiving our fortnightly circulation, and teachers and those who work in our schools. We acknowledge and celebrate that these are intentionally Christian in content, but are very aware that many of teachers and adults working in our schools are not practising Christians. Providing resources that are accessible to our wider staff, who support the values and ethos of our schools, is something we are trialling this term.

Jane has put together resources that we are offering for schools to share with all staff members. The rationale is attached (*Staff Reflections*) and the first two Reflections (*New Beginnings* & *Shadows)*. We will provide one Staff Reflection for each week, sending them fortnightly up to Christmas. These are of a Mindfulness / Time Out approach and can be adapted by those receiving them who are Christian or of other faiths.

Any feedback will be appreciated.

With best wishes

**Jeff**

Jeff Williams

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