

Hi All, Welcome to a weekly 'how are we all doing?' collage board – **the POWER edition!** Hopefully, there is something included in here that offers you a moment of peace and reflection.

From Mark:

I simply want to say 'thank you' at the end of another week of intrigue and uncertainty. Please take time this weekend to do something to reward yourself for all your achievements this week – put your feet up, eat a chocolate bar (go on!), have an afternoon nap, take yourself off for a refreshing walk. Whatever it is, you deserve it! Please also thank your family and loved ones, on our behalf, for all the sacrifices they make to allow you to do what you do. Thank you as well to Emily from Shrewton for putting this bulletin together this week.

It seems increasingly likely that in a couple of weeks' time, we are going to become more frontline than ever. Please rest assured that as a Trust, we are working exceptionally closely with your Headteachers so manage this next transition in such a way as to make it as safe and appropriate for you as well as for the children. The ways in which I have seen people responding already are remarkable. We will look to do this in a way that is gradual, careful and supportive for all concerned, recognising particularly how much this will mean to some of our families whose livelihoods are being so challenged at the moment. So, again I say, thank you!

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.
1 Thessalonians 5:16*



What can we learn from the brilliant bumblebee?

As we have experienced some glorious sunshine of late – an instant mood booster – it has been impossible not to notice the wealth of plump bumblebees that have started to 'bee' busy at work in our gardens. After watching one the other day, I had a new found appreciation for our furry little friends – because they are awesome!

The perfect example of triumph over finesse; aerodynamically speaking – they shouldn't be able to fly! Yet they do! How marvellous is that! Going back, the Druids and Christians saw the bee as a symbol of community (due to their hive habitat), brightness and personal power.

So, on the days when you need an extra boost, think of the humble bumble, if they can defy physics – why can't you?

#beestrong #beeawesome #beeinspired



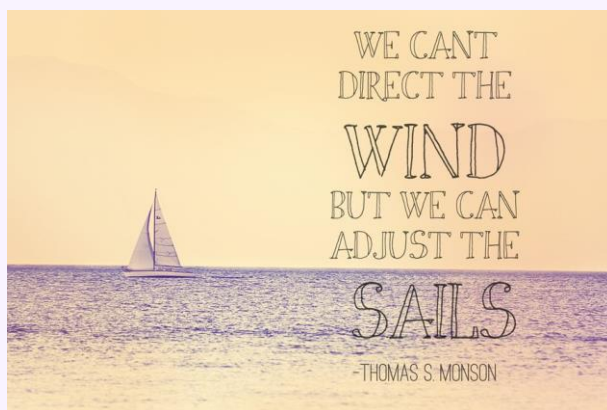
The Power of Sight



We see you! Spotted spreading some positivity...

- Team St. Bart's say what we are all feeling:
https://www.youtube.com/watch?v=8_Is2CQwDhw
- Team Wilton give us some great ideas of how to keep our bodies and minds healthy during lockdown:
<https://www.youtube.com/watch?v=UiitNhKaicM>
- Team Southbroom St James and St Andrews connecting their communities through art with their #createtoconnect challenge (SSJ) and their 'Garden of Hope' project (St. A)
- Team Trent raised money for the NHS by holding a reverse uniform day and wearing uniforms for uniforms.
- Team Archbishop Wake are sharing daily wisdom and inspiration through the use of book quotes.
- Team Shrewton are running kilometres all over the village to raise money for their #runfortherocket fundraising challenge.
- And that's just scratching the surface...

The Power of Reflection...



Sometimes power comes from acceptance. Acceptance of the things you cannot change or control. It not only brings with it a sense of calm and even peace but you are often at your most powerful when you embrace that situation. We cannot control the direction of the wind, or in our current situation the intensity of the storm; but we can adjust our sails to enable us to reach our destination. Some days your sails will fall flat or flap against the howling gales – and that’s OK because on those days, there will be others to help you pull the rigging and get you back on track. Hoist up, feel the gentle breeze and know that is enough.

Power of the Podcasts

Some fantastic listening to support your mind, body and soul.

1. **Happy Place – Fearné Cotton**

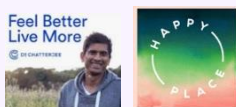
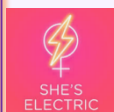
Fearné draws on her own experiences and shares advice from experts on how to work through feeling blue to finding joy each and every day.

2. **Feel Better, Live More – Dr Chatterjee**

Stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common healthy myths giving you the tools to revolutionise how you eat, sleep, move and relax.

3. **She’s Electric – Jody Shields**

A journey into the lives of some of today’s most powerful female leaders, sharing their motivation, their highs, their lows and their insatiable energy.



The Power of Wonder

‘Experiences that leave you in awe, create the highlights of your life’ – Ryan Blair



Research has found the sense of wonder we feel in the presence of something promotes love, kindness and selflessness.

So how can you get your wonder fix?

Nature – head out and look up, down and all around!

Art – create or appreciate – what do you actually see?

Music – find ‘your’ song, play it and really listen, or discover something new – what reaction does it invoke?

'Keep alive the ministry of imagination!'

We have just loved seeing your #lookingtotherainbow recordings pouring in! Here are a couple to inspire you:

[All Saints MAT, Birmingham](#)
[Christ Church Walshaw](#)

If you have recorded a version in your school, don't forget to tag us on Twitter! [@CofE_EduLead](#)



Stay safe, smiling and socially distancing

