



Hi All, Welcome to a weekly 'how are we all doing?' collage board.

12<sup>th</sup> June 2020

**From Mark:**

Another week passes and the news keeps rolling! Whether you are finding out about the next steps from a newspaper, a website, the government briefings, parliamentary statements, or even from us (who are sometimes the last to know!), we are all keen to know how things will progress. I will be writing to you separately today to share some of our current thinking about the most recent announcements and to share a letter that will go to parents. However, for now, I want to encourage you to find time to switch off completely from the media hype and buzz, to resist looking at updates on your phone or laptop, and just to find some space to focus on the next steps for yourself and your family. The ultimate guidance for Christians is found in the Bible and I have found great encouragement in these difficult times in many biblical texts. None more so than the verses that say: 'Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.' Proverbs 3:5,6

Rest and self-care are so important. When you take time to replenish your spirit it allows you to serve others from the overflow. You cannot serve from an empty vessel.

*Eleanor Brown*

BeyondtheWaitingRoom.com

Taking time to  
**RECHARGE**  
is productive too.



THE PRICE OF ANYTHING  
IS THE AMOUNT OF LIFE  
you exchange for it

- henry david thoreau

“Take time to recharge your batteries. It’s hard to see where you’re going when your lights are dim.”

– Robert Connelly



“  
TAKING  
CARE OF  
YOURSELF  
DOESN'T  
MEAN ME  
FIRST, IT  
MEANS  
ME TOO.

– L.K. West

DEVELOPGOODHABITS.COM

A selection of books perfect for discussions around **well-being** in Early Years and beyond.



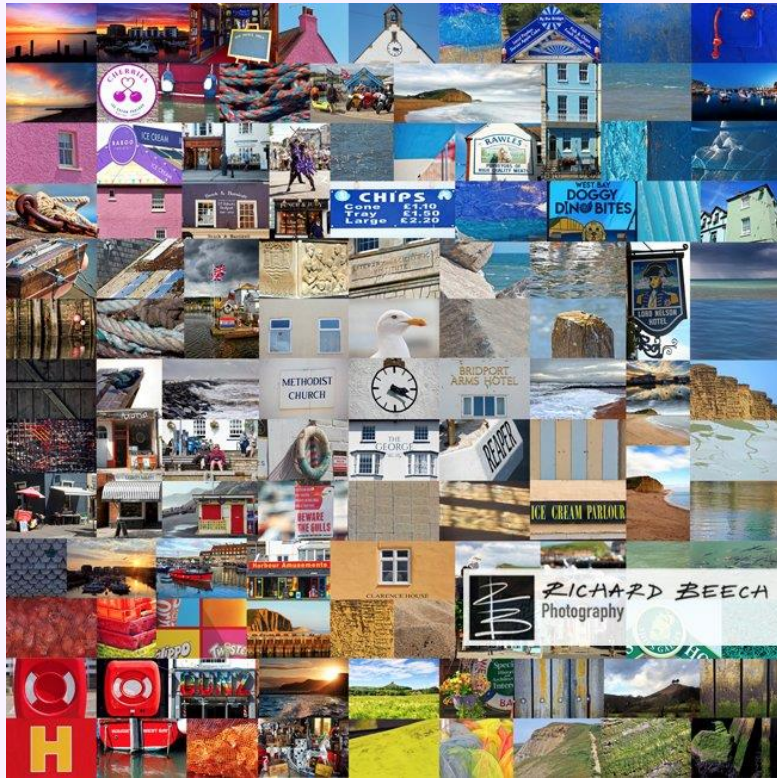
More books can be found here: <https://www.booksfortopics.com/mental-health>

## Self-care



Self-care menu to help you be you...

What do I need?	What could I do?	How did it make me feel?
If you need a change of scene	Go into the garden	
If you need movement	Standing up stretches Go for a walk	
If you need nutrition	Have a drink of water Eat a banana	
If you need a rest	Read 5 pages of my book 1-minute deep breathing	
If you need relaxation	Go and lie down and listen to music	
If you need stimulation	Search for an inspiring picture	
If you need to bring yourself back	Reflection journaling	
If you need support	Talk to a trusted friend or relative	



## My Dorset Mind

Few things benefit our wellbeing more than being outdoors, and few places are as beautiful as Dorset.

So, until we can all be there again, Dorset Mind wants to bring our incredible landscapes to you. Simply choose a view, the sounds you would like to hear – and enjoy relaxing mindful techniques that will help you escape to your favourite part of the county.

<https://my.dorsetmind.uk/>

**'Leaders take a road less travelled but do so with a deep sense of vocation and thrive in networks who can support one another in this journey of love in action.'**

This beautiful version of the song *True Colours* exhorts us to: 'Just call me up, because you know I'll be there'. To navigate this time, seeking to do the best for our school communities - particularly the most vulnerable - we truly need one another. *Called, Connected, Committed Monday Message: Removing Disadvantage.*



[https://www.youtube.com/watch?v=lqWQCWc\\_zCc](https://www.youtube.com/watch?v=lqWQCWc_zCc)

*Take care everyone.*