



CPD events

Workshops:

See attached CPD calendar

Next Service Day: Friday 23rd July

Community of Practice: Tuesday 15th June

Resources from April's INSET are now on the VLE:

[Course: INSET resources
\(skillsandparticipation.co.uk\)](https://skillsandparticipation.co.uk/courses/inset-resources/)

Safeguarding:

A current discussion in education is addressing sexual harassment. If you would like to watch a webinar from AoC on this then please use the link below;

Addressing sexual harassment in colleges and creating a culture of equality, respect and consent webinar.

[Click here to find the recording and presentation.](#)

(scroll to the bottom of the page)

In the webinar Sally Dicketts mentions two podcasts by Brené Brown which can be accessed here:

<https://brenebrown.com/podcasts/>

Please remember if you have any safeguarding concerns to report these to Dee or Debi and continue to advertise to the learners HASafeguarding@hants.gov.uk where they can report any concerns.

[SG DD: Dealing With Safeguarding Concerns - Quick Guide
\(skillsandparticipation.co.uk\)](#)

Latest Gov Update

Guidance for parents and carers, students and university students, teachers and educational setting leaders [Coronavirus \(COVID-19\): Education, universities and childcare - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/coronavirus-covid-19/education-universities-and-childcare)

Wellbeing

10th May-16th May is Mental Health Awareness Week.

There are things we can all do to look after our mental wellbeing. **The Every Mind Matters** can get you started with a free NHS online plan, showing you simple steps to help manage anxiety, sleep better and boost your mood. Do share the link to the Every Mind Matters [mental health action plan](#) with you networks.

In addition to the Every Mind Matters [Mind Plan](#) there is a wealth of content which includes practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

If you are concerned about your personal wellbeing, there is a rich resource of information, advice and support;

HantsHeadlines

Have a look at some of the resources on HantsHeadlines to support our wellbeing. [Looking after your mental health and wellbeing \(sharepoint.com\)](#)

There are lots of useful resources and links to help all aspects of wellbeing.

ETF wellbeing support

– includes details of the helpline run by Education Support and the ETF support service for newly-qualified teachers – on the [Mental Health and Emotional Wellbeing page of their website](#).

Connecting with nature can reduce stress and improve your mood. Taking time to notice the small things, like listening to the birds, can help you feel more positive
#mentalhealthawarenessweek

Connecting to nature everyday can have a positive impact on mental wellbeing and reduce stress. Find your way to #ConnectWithNature around you in #mentalhealthawarenessweek

[Mental Wellbeing Hampshire | Health and social care | Hampshire County Council \(hants.gov.uk\)](#)

[Join a mindfulness session and connect with nature \(sharepoint.com\)](#)

Learn how nature can boost your mood and bring you to the present moment - in a session run by mindfulness teacher Jo Heath, who is also the County Council's Interim Assistant Director of Natural Environment and Recreation.

Staff Wellbeing Survey

The **Inclusion and Wellbeing Staff Survey** runs from **Tuesday 4 May to Sunday 23 May**

Colleagues in Children's Services can access the survey [here](#). It should take no longer than 15 minutes to complete.

All responses provided will be kept confidential and all information that is shared will be anonymised.

It is easy to complete the survey online, from a work or personal PC, tablet or smart phone.

VLE

The name change from 'hampshirefutures' to 'skillsandparticipation' has successfully happened. Kevin Rhodes has worked hard with Hubken to ensure all pages are forwarded to the new address. If you have any problems, then please do let Kevin know. Please ensure that you update any links in documents as any old links will only work until the end of July 21.

From ETF:

Centres for Excellence in SEND newsletter

The fourteenth issue of their Centres for Excellence in SEND newsletter is available now. Contents include pieces looking at the power of embracing vulnerabilities and developing emotional literacy.

OneFile Webinars

Need to brush up on your OneFile skills or learn more about what the platform can offer? Why not sign up for a webinar from OneFile. There are differentiated sessions depending on your experience.

[Webinars for new customers | OneFile](#)

Essential skills digital scan

Don't forget to complete your skill scan by 31st May

[Essential Digital Skills | Enhance Digital Teaching Platform \(etfoundation.co.uk\)](#)

Recommended webinar

[Managing cognitive load in the online classroom - YouTube](#)

Well worth watching – has some good suggestions and tips to support learners with successful online learning.

Attachments:

- Covid-19 community bulletin
- CPD calendar summer term
- Nature guide for parents and carers

