

The Chelmsford Teaching School Alliance

'working together to be better together'



Issue 3—Autumn 2019

Upcoming CPD training / Network Groups

RQT Programme -	29th January
Beyond Differentiation -	31st January
SLE Core Training -	24th January
Secondary NQT -	15th January
Reading Programme -	22nd January
Cross School Writing Moderation -	5th March

Updates

Science Subject Leader -	26th February
Computing Subject Leader -	12th February
School Assessment Leader -	5th March
Early Years Subject Leader -	18th March
Maths & English Subject Leader	- 17th January

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The CTSA continues to go from strength to strength with 35 members across both phases including 2 special needs schools. I witness daily the collaboration between all our members and partners and am excited to see how this continues with our current focus of Mental Health and Well Being. We are busily planning a Headteachers well being session early next year which will be attended by a cognitive behaviour therapist with expertise in working with teachers and young people. More details to follow.



We have also embarked on a Sport/PE project with several of our secondary schools and Sport England with an underpinning theme of Developing Inclusion and Participation in PE, Sports and Physical Activity. The project will look at fighting declining emotional wellbeing and developing resilience, character traits, life skills, leadership and employability in young people.

We also have two new working parties, one for SEND and the other looking at Transition. This is another cross phase venture and the SEND group has already met and agreed to tackle the issues our members are faced with following the withdrawal of some Specialist Teacher support (among other things!). More details to follow so watch this space !

Finally I would like to wish you all a very Merry Christmas—I hope you all have a well deserved rest with your families.

Susannah

Essex Primary SCITT

Thank you to all of the partnership schools that are hosting our primary trainees and that have hosted teaching and learning visits. We are pleased with their progress and tutors have remarked on their engagement and enthusiasm and the high quality of their contributions and tasks.

We are busy recruiting for our 2020-21 cohort so if you have TAs or volunteers or know anyone else who may be interested in a career in primary teaching please encourage them to get in touch or to come along to find out more at our next information events at **Newlands Spring Primary** on

- ◆ Thursday 9th January 8.30 to 11am
- ◆ Wednesday 15th January 3.30 to 5pm

Your continued support is very greatly appreciated.

'I just wanted to say how amazing the course has been so far. Everyone is feeling really supported and as a result really positive going forward.'
Kay, Trainee 2019-2020



Essex Primary SCITT



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Head Teachers Conference

Emotional well-being and mental health

Rising to the challenge together

In response to the feedback our members have given us, the alliance is focussing on the mental health and wellbeing of our teachers and children this year. The first Headteacher conference was an ideal springboard to get things moving and we were delighted to host Dr Hazel Harrison, Clinical Psychologist. Hazel talked about her theory on a whole school approach to wellbeing and the PERMA Model (Positive Emotion, Engagement, Relationships, Meaning & Accomplishments). You can learn more about Hazel's work at thinkavellana.com.



We were also joined by Commando Joe, a former Commando and bomb disposal expert who worked as a Physical Training Instructor in the Army before setting up Commando Joe's in 2009, recently becoming one of the youngest people to be awarded an OBE for services to education and young people. More about his work can be found at <https://commandojoes.co.uk>

We were also delighted that the wonderful sixth formers from Chelmer Valley High School came back to present the outcomes from the Young Persons' Conference held last June. They presented confidently to a roomful of Headteachers and senior leaders once again doing a fantastic job for the Alliance. Further work on the outcomes is being done direct with the local Council and we hope to report more news in due course.



Research Projects

The CTSA have funded two research projects which are being led by member schools. Both projects are focused on developing emotional well being and positive mental health.

As part one project, children are being trained as Health Champions, developing their understanding of Healthy Movement, Healthy Mindset, Healthy Eating and Healthy Habits with the intention that they will be active in supporting their peers. For more information on health champions, visit <http://childrenshealthproject.com/>

How we promote children's health

 HEALTHY MOVEMENT with Captain Kinetic. Captain Kinetic helps children find a life-long love of movement by exploring what their body is capable of, and respecting how important activity is for their overall health.	 HEALTHY EATING with Nutrition Ninja Nutrition Ninja inspires children with the power of food – how it can help them sleep, give them energy, support exercise and fight illness. Healthy eating is fundamental to our children's achievement.	 HEALTHY HABITS with Agent Lifestyle With more time spent outdoors, better sleep, an increase in hydration, and encouragement to enjoy new hobbies, children are inspired, awake and refreshed when they're taught by Agent Lifestyle.	 HEALTHY MINDSET with Mindset Warrior Mindset Warrior teaches children the skills to feel better about themselves, cope with their emotions and feelings, and deal with tough situations with resilience and tolerance.
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A mental health questionnaire has been circulated to KS2 children as part of the second project to collate information on pupil's current perceptions. Following collation of the data, certain approaches and strategies are being trialled such as mindfulness, yoga, the use of music at key transition points of each day, drama/role play and the use of an emotional health practitioner to support both staff and students to develop self awareness, resilience and assertiveness. A follow up questionnaire will be completed to assess the impact these strategies have made.

School 2 School Support: Joint CPD week

Collaborative learning and sharing effective practice remains a top priority for the Alliance and this was reflected in our annual Joint CPD week in November. 12 Alliance schools invited colleagues to visit to share best practice and discuss key issues. Sessions this time round included: RSE & Wellbeing, Handy Hints for better lunchtimes, Rethinking marking and feedback in your setting, & Promoting Resilience and Engagement. Over 130 teachers and support staff attended sessions across the week with feedback demonstrating that this remains a valued approach to offering support between schools. Boreham Primary got active with a gym trail session – illustrating that this practical activity can help ALL children develop fine and gross motor skills.



Paul Hamlyn Foundation Teacher Development Fund Project: Musicianship and School Readiness

In July, we reported that we had launched our 2 year collaborative project with Essex Music Services (EMS) and London Music Masters (a charitable trust with Essex connections) focusing on the use of musicianship to develop school readiness. Particular emphasis is being placed on progress in PSED and CLD outcomes.

This exciting project is funded by the Paul Hamlyn Foundation Teacher Development Fund. EMS tutors have begun a programme of fortnightly visits to Reception classes in the Project schools, working alongside the class teachers to introduce musicianship approaches in both adult led and child initiated activities. Project schools met recently to evaluate the emerging impact of the project and reported early signs of impact on key skills of turn taking, listening and attention. Each teacher has also selected a group of children to focus on in more depth, and for some of these children there is already evidence of gains in confidence, self-regulation and the ability to collaborate and communicate with others.



The formal project report will be published in 2021, but we will continue to disseminate emerging findings in the interim. #schoolreadiness #musiceducation #learnthroughmusic

