

## **BDAT Wellbeing Newsletter**

*Sharing good practice and celebrating the wellbeing and career development activities that have been happening across our BDAT family.*

### **Bradford Healthy Minds Chartermark**

**East Morton CE Primary School, The Academy St James and Cullingworth Village Primary School** were among a group of primary schools from across Bradford who were recognised this month for their work supporting the mental health and wellbeing of staff and students. The schools have been awarded a **Bradford Healthy Minds Chartermark Award**. The good news hit the headlines which was great... to read the full story in the press click [here](#) and to find out more about the Bradford Healthy Minds Chartermark, including how to sign up click [here](#).



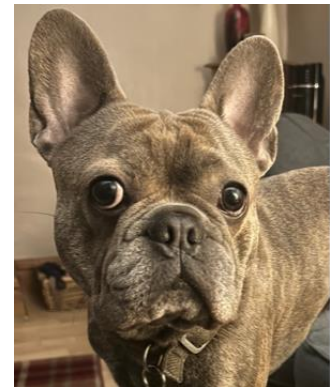
### **Our School Dogs**

Visitors to Clayton St John's CE Primary School may have noticed a slightly unusual 'face' at school. Meet Walter... Walter regularly visits school and when he's there he supports wellbeing of staff and pupils. Staff will often pop in before the pupils arrive. He can be seen on walks around school or sitting quietly with students.

For further information about school dogs including evidence and best practice click [here](#).

### **Meanwhile at Buttershaw Business and Enterprise College it has been Staff Wellbeing Week**

There has been a number of wellbeing activities ran across the school including a staff rounders competition, a meeting free week and it was all topped off with coffee and cake!





## Starting in September ... The Bradford Foster Academy Menopause Café...



September will see the launch of the Bradford Forster Academy Menopause This will be a safe, friendly, and non-judgemental space where everyone is welcome. There will be no set agenda; the discussion topics will be led by the group and what they want to talk about. They can discuss symptoms, worries, tips, and share resources in a non-judgemental, friendly, and light-hearted environment so that everyone is supported through what can be a difficult time. There may even be cake...!

## bdat-people



As part of our newsletter, we celebrate the professional journey of one of our colleagues....

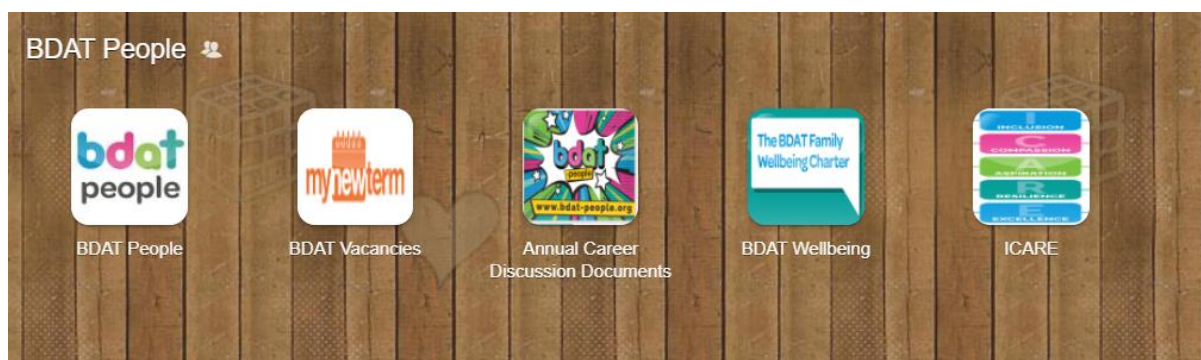
This term we met with **Joe Ugarte**, teacher at **Buttershaw Business and Enterprise College**....

Joe qualified as a teacher in 2015 and joined BBEC in 2017, where he taught PE and Geography. Joe also has a cross school role leading on student experience and developing cultural capital. His role including ensuring that students have opportunities to experience life outside of school, often through trips and other visits. Joe uses the leadership gained in this role in his post as assistant Head of Year.

More recently Joe has become involved in staff development as an ITT mentor and next year he will be an ECT mentor. To support this aspect of his role Joe is currently studying for an NPQ in Leading Teacher Development.

If you would like more information about our NPQ offer, speak to your line managers and visit. [BDAT NPQs](#)

**Don't forget BDAT People has its own launchpad**, our professional development tiles all in one place, and we have added new tiles too! To download <http://airhead.io/public/launchpads/miJwmD90skepp-CZrQnrDg>



Keep sharing your wellbeing stories: [info@bdat-academies.org](mailto:info@bdat-academies.org)

Keep up with the latest news: [#WeAreBDAT](#)

