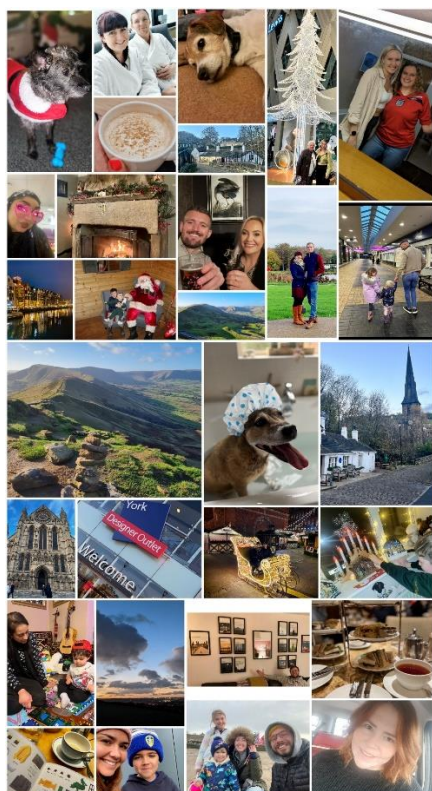


## Welcome to our first BDAT Wellbeing Newsletter!

Following our BDAT conference *Developing a Well Workforce* on 21 October 2022 we were asked how we could keep wellbeing at the forefront of our mind. The BDAT Wellbeing working group felt that a termly BDAT Wellbeing Newsletter would help us to share good practice and celebrate the wellbeing activities that have been happening across the BDAT family.

### Staff wellbeing support from the NHS MHST

Members of the Keighley NHS Mental Health Support team were in Cullingworth Village Primary School in early December offering 1:1 support staff wellbeing sessions. They are a team of specialist mental health professionals that have been developed to work within schools. They were able to offer staff a safe space to think about any difficulties they were having at home or in work, recommended coping strategies to use and if needed, signposted staff to outside support agencies across a wide range of issues. For more information <https://www.england.nhs.uk/mental-health/cyp/trailblazers/>



### Wellbeing at St John's C of E Primary School

At St John's C of E Primary School they've been focusing on Wellbeing this half term and have collated photos that capture what their staff have been doing to support their wellbeing. The collage is shared with their staff so that ideas can be celebrated, discussed, and shared.

As we can see from the photos several colleagues have been walking, please see the link below for ideas for walks around Bradford.

<https://www.visitbradford.com/things-to-do/great-outdoors/walking>

### Annual Careers Discussion and the BDAT Careers Pathways

Section 9 of the BDAT Wellbeing Charter states that BDAT will *Support staff to progress in their careers*. Don't forget about our [Annual Career Discussion](#) and the [BDAT Career Pathway](#). Could finding out more about these offers be your work New Year resolution?

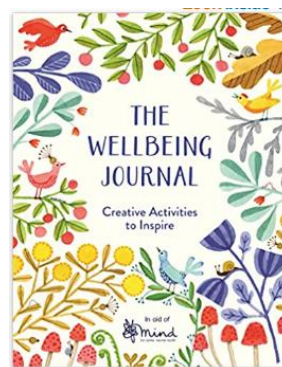
## Wellbeing Advent Calendar

Meanwhile at Buttershaw Business and Enterprise College staff have organised a Wellbeing Advent Calendar, events include a health and sports evening, wreath making and hot chocolates, with staff volunteering to run the advent treats. Wellbeing continues to be a focus in 2023 with the BBEC Wellbeing Committee having a refresh and welcoming new members. We look forward to hearing what they've been up to.

### We have also had the following books recommended:

The Wellbeing Journal Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted, and it includes activities, colouring, drawing prompts, contemplative quotes, and lots of space for you to write about your own thoughts, feelings and experiences.

My Happy Mind by Laura Earnshaw: The first book to bring the hugely successful strategies from my Happy mind – the leading provider of mental wellbeing in nurseries and primary schools in the UK.



**bd**at  
Bradford Diocesan  
Academies Trust

### Developing a well workforce

The importance  
of wellbeing  
and compassion  
at work

Second BDAT Annual  
Staff Conference:  
21st October 2022

### Your Wellbeing Pledge:

Don't forget your wellbeing pledge will be returned to you soon. When you receive it back it could be a good time to reflect on whether you have kept your pledge. Will you renew your pledge, revise it, or come up with something completely new?

### Lastly...

If you have any ideas or suggestions for our next newsletter for email [info@bdac-academies.org](mailto:info@bdac-academies.org)