

Welcome to our second BDAT Wellbeing Newsletter!

Sharing good practice and celebrating the wellbeing and career development activities that have been happening across our BDAT family, Cullingworth's recent including of the My Happy Mind programme, Belle Vue Girls' Academy and their recent student wellbeing day and more!

My Happy Mind

Cullingworth Village Primary School are now using the 'My Happy Mind' program in school, which has a staff wellbeing section with 5 hours accredited CPD training which all staff can access. My Happy Mind provides programmes to primary schools with a simple mission, "to give today's children the skills to thrive in tomorrow's world". They have impacted hundreds of thousands of children and their families with their programmes, Schools who have worked with My Happy Mind have seen 60% decrease in external exclusions, a 67% decrease in children requiring SENCo support and a 43% decrease in CAMHS referrals. To learn more about My Happy Mind click on the link <https://myhappymind.org/>.



Every Penny Counts

Lesley Allen (Business Leader) at St John's CoE Primary School has been working with the Institute of Business Leaders on Staff Wellbeing. Lesley offers an open-door policy for staff at St Johns to discuss financial concerns as well as offering mental health first aiders and life coaching. As part of this work Lesley has published an article in their journal, to find out more and to read the article visit: [Wellbeing: The Voice Vol: 32](#)



Lesley Allen

Student Wellbeing Day at Belle Vue Girls' Academy

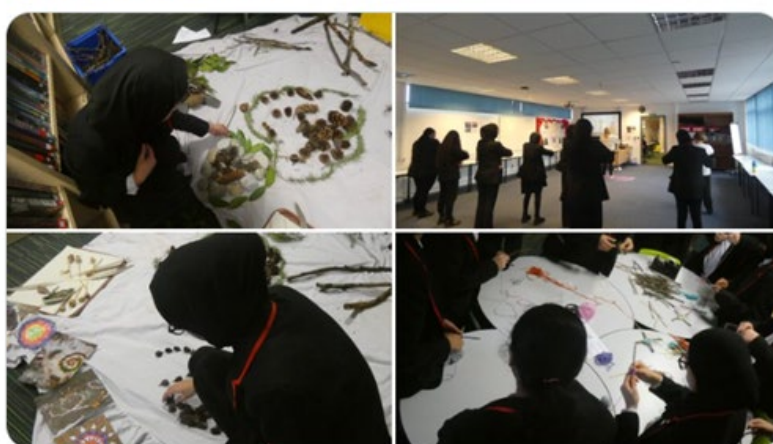
The girls at Belle Vue have been taking the lead in organising Take Care Thursday.

There was yoga, nature, music, sports, and food.



Belle Vue Girls' Academy @BVGAcademy · 2 Feb

Great buzz around school for Take Care Thursday! Amazing wellbeing activities taking place. In the words of the students, "A lovely day", "The nature table was soothing" and "I loved the yoga" [#Compassion](#) [#Kindness](#) @WeAreBDAT



How about 'Monday Mingles' where we meet with staff to discuss things other than work.

Lose yourself in a book

Many of our pupils celebrated World Book Day earlier this term, for lots of us reading can support our wellbeing, here is a list of new book releases that you may want to consider reading over the Easter break.

<https://www.goodreads.com/shelf/show/2023-release>

BDAT People

As part of our newsletter, we will be celebrating the professional journey of one of our colleagues, this term we will be meeting Samera Malik from Wycliffe Primary School.



Samera started her journey as a parent volunteer on a school trip, very quickly she applied and was appointed as a Teaching Assistant. Alongside this role Samera went back to college, she was supported by her school to study for her GCSEs and Degree on a Friday.

A new role presented itself and Samera was appointed as a cover supervisor and unqualified teacher.

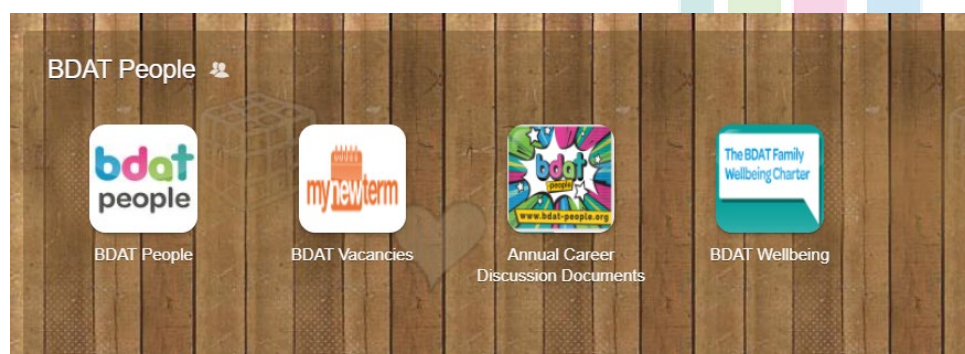
As a recent graduate Samera explored the possibility to qualifying as a teacher. With the support of the school and in particular the Head, Denise Baxter, in July 2022 Samera was recommended for QTS through GORSE SCITT.

Samera is now a teacher in Year 1 at Wycliffe Primary School and is being supported through the Early Career Framework.

Find out more about training to teach
<https://gorsescitt.org.uk/about-us/>

BDAT People now has its own launchpad, our professional development tiles all in one place.

To download <http://airhead.io/public/launchpads/miJwmD90skepp-CZrQnrDg>



If you have any ideas or suggestions for our next newsletter for email info@bdat-academies.org