



Well-Being:
making a difference
No 7, Summer 2002

WELL-BEING

The Newsletter of the Norfolk Education Staff Well-Being Programme

FACILITATORS' CONFERENCE APRIL 2002

"Roy Leighton was inspirational. I felt most positive and determined afterwards"

"We all met new people, made new friends, enjoyed the company of 'like-minded' people we wouldn't normally have the opportunity to spend time with."

"I would like to thank you and your team for the wonderful day at Barnham Broom last month."

"Looking forward to the next conference."

These are but a few of the many evaluation comments for the Conference on 19th April, but they say how much the delegates enjoyed the day. We are already planning the next one so watch out for details on the Well-Being website. Here is a report on the Conference from one of the delegates, Pauline Driver, a Well-Being Facilitator at Terrington St Clement Community School:

On Friday 19th April I attended the Well-Being Conference at Barnham Broom Country Club. Before I left home my husband was concerned that I wouldn't know anyone. He needn't have worried. As soon as I walked in I saw lots of familiar faces - people I had met on my initial training day at Yaxham and at various other events. The first seminar that I attended was 'Financing Well-Being' led by Andy Mash (Headteacher of South Wootton First School). A very good presentation and very useful to Headteachers so I have passed the information on!

After the coffee break I headed for the swimming pool and jacuzzi where I enjoyed a relaxing swim until lunchtime. A delicious hot lunch was served in the dining room with time to socialize with more new friends. After lunch everyone assembled for an afternoon of fun and laughter with Roy Leighton. An excellent speaker, encouraging every one to join in and enjoy! We had great fun and sometimes difficulty distinguishing our left from our right.

I have a lovely drive home through the Norfolk countryside reflecting on what a wonderful day we had all had. A big thank you to the organisers and caterers. I am looking forward to the next one and to all those Facilitators who couldn't make it this time I recommend that you make the effort next time. We can't expect to look after the well-being of our colleagues if we don't make time for ourselves too.

Pauline Driver, Terrington St Clement Community School

Well-Being Website: <http://www.esinet.norfolk.gov.uk/wellbeingdefault.htm>

Norfolk Support Line 0800 169 7676 Managerial Adviceline 0800 085 3805

"Staff Circle Time"

Judith Warr, Well-Being Facilitator, St Williams Primary School, Thorpe St Andrew

There is much happening in schools today that I would have thoroughly enjoyed if I was a child of the 21st Century, one of these things is **Circle Time**. Staff have seen the effect that Circle Time has had in raising children's self-esteem. The feeling of well-being - 'all is right with the world' - and stress reduction engendered by a well-handled Circle Time is clear to see, surely staff can benefit in the same way?

Our staff Circle Time closely follows the Jenny Mosely model. We identify in advance the main item(s) for discussion. Management issues rub shoulders with curriculum items and there is always a fair sprinkling of social, even domestic points for discussion. Each session starts with an ice-breaking activity, including one that forces us to move our positions away from friendship groups. If only the children could have seen the effect that passing a squeeze around the circle had on normally sober and 'proper' teachers! The opportunity is always present to congratulate or thank colleagues and sessions end with a quiet reflective activity such as a breathing exercise or the passing of a rain stick. Good humour abounds and the smiles on the faces as we leave are a testament to the success of including these sessions regularly on the timetable for staff meetings.

FISH!

One of our most popular resources over the past few months has been the FISH! video. Can you imagine a workplace where everyone chooses to bring energy, passion, and a positive attitude to the job every day? An environment in which people are truly connected to their work, colleagues and to their customers? Pike Place Fish, a now world famous wet fish stall in Seattle is such an environment. Frankly if people can make selling fresh fish enjoyable there is hope for the rest of us!

Now we have a book that explains the theory and practice behind the success of Pike Place Fish: 'Fish!, A Remarkable Way to Boost Morale and Improve Results' (Lundin, Paul & Christensen, 2000). If anything, this book is about learning to love what you do even if you may not be doing exactly what you love. To do so we must bring our best qualities to work and treat those we work with in the way we would like to be treated ourselves.

Facilitators' Network

By the time you receive this newsletter most of the meetings for the summer term will have taken place. As we go to press the following meetings have been arranged for the autumn term:

3rd October 2002:

Watton area meeting; Wayland Community High School, 4 for 4.15pm, please ring Ruth Hardy (01953 881514).

11th October 2002:

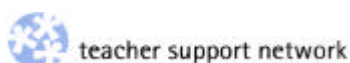
King's Lynn area meeting, please contact Pat Williamson at South Wotton First School (01553 671552) for further information.

17th October 2002:

LEA meeting, County Hall, Mezzanine Room 1 2pm onwards, please ring Hilary Clutten (01603 222326)

Please see Well-Being website for other dates.

We welcome newcomers too, friendship, informality and a packet of biscuits are all you need!



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