

Health & Wellbeing Bulletin Spring 2026

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Welcome to the Spring issue of your Mental Health & Wellbeing bulletin

Well, to say it's been a wet start to 2026 is an understatement!! However, Spring is getting closer by the day, and I have seen that yellow circle in the sky a couple of times recently now, so there's hope for some drier days.

I thought we would focus on our Vision and Values in this bulletin and see how they fit into Mental Health and Wellbeing every day.

Spring Reset – Small Shifts for a Brighter Mind

As the days get lighter, March is the perfect month to refresh routines, tidy mental clutter, and introduce small habits that support better mood and energy. Take simple, manageable steps with my quick wellbeing wins and other tips to gently reset for the season ahead.

Take care of yourselves and those around you – Sue

Our Vision

Flourishing schools for all at the heart of our communities

“Life in all its fullness.”

John 10:10

Flourishing schools: Schools that are successful, supportive, well-resourced, and help children grow academically, socially, and emotionally.

For all: Inclusive education – every child, regardless of background, ability, or circumstance, has access to high-quality learning.

At the heart of our communities: Schools are not just places for learning, but community hubs that bring people together, support families, and contribute to local wellbeing and development.

John 10:10 in short is that life should be rich, meaningful, joyful, and whole – not just existing, but truly thriving.

Just about sums it up don't you think, exactly what our Trust is all about



Apps for resetting your mental health



Calm



Headspace



I am

Quick Wellbeing Wins

- 60-second breathing exercise
- Micro-Stretch – roll your shoulders backwards 10 times
- Before your next tea or coffee, drink half a glass of water
- 20-second reset, look away you're your screen and focus on something 20 feet away for 20 seconds
- Choose one task you can do standing
- Kindness Ping – send one short message of appreciation to someone
- Check your posture

Our Values

BELONGING

Creating spaces where everyone feels seen, supported, and included

Wellbeing Spotlight: Belonging isn't just a "nice-to-have" — it's a key part of feeling mentally healthy.

This month, take a moment to notice how connected you feel to the people around you. Even small interactions help strengthen that sense of community.

Quick Wins for Belonging: Say a genuine "good morning" to one colleague you don't usually speak to. Share one thing that's bringing you joy this week in your team. Invite someone new to join a meeting, project, or lunch-time walk.

Try This: Belonging Check-In - Ask yourself: "Did I make someone feel included today?" One small act can shift someone's whole day.

CURIOSITY

Exploring, learning, and staying open-minded to new ways of thinking

Wellbeing Spotlight: Curiosity boosts creativity and resilience. When we approach challenges with interest rather than fear, stress levels drop and problem-solving improves.

Quick Wins for Curiosity: Spend two minutes learning something completely unrelated to your job. Ask a colleague, "What's one thing you're excited about at the moment?" Try a new route on your walk, commute, or lunchtime break.

Try This: Curiosity Pause - When something frustrates you, ask: "What's another way I could see this?" This reframes challenges and often uncovers new possibilities.

COLLABORATION

Working together in ways that lift everyone up

Wellbeing Spotlight: Collaboration strengthens connection and reduces workload stress. When we combine strengths, we feel more supported and empowered.

Quick Wins for Collaboration: Ask your team what support they need today — even if it's something small. Share a helpful resource or tip you've discovered. Pair up with a colleague for a 10-minute co-working session to unblock a task.

Try This: Two-Minute Team Boost - Tell a colleague what you appreciate about how they work. It strengthens trust and morale — and it costs nothing.

Employee Assistance Programme (EAP) with Education Support

Don't forget our confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing. 08000 856 148

Recipe idea for you

A warming soup for those chilly winter days – Potato, Leek and Chorizo

Ingredients (serves 4-6)

850g potatoes cut into 2cm chunks
1.6L chicken stock
3 large leeks
225g chorizo or smoked lardons
40g finely chopped parsley
Salt & Pepper to taste

Method

1. Tip potatoes into a large pan with the stock
2. Add a pinch of salt and bring to a simmer, for 10 mins
3. Meanwhile rinse leeks and add to pan, with the chorizo
4. Season and simmer for another 15-20mins until leeks and potatoes are cooked
5. Stir through parsley and ladle into bowls

Sourdough or other crusty bread to serve

ENJOY !!



Free Places to visit in Devon.....

Buckfast Abbey - Buckfast
English Riviera – Brixham Harbour
Donkey Sanctuary - Sidmouth
Haldon Forest – Haldon Hill
House of Marbles – Bovey Tracey
Royal Albert Museum – Exeter
The Box – Plymouth
Dartmoor National Park – Anywhere!
Burgh Island – Bigbury-on-Sea
Royal William Yard - Plymouth

Inspiring Quote

"If you're comfortable with yourself and know yourself, you're going to shine and radiate and other people are going to be drawn to you" – Dolly Parton
