



Pastoral Support for Staff and Families
Wellbeing Weekly (1)

24 March 2020

Dear Colleagues,

I hope that you are well, and that you and your families are doing what is necessary to stay safe during these unprecedented times. As we endeavour, collectively, to provide a continued connected learning and pastoral network for the pupils, it is paramount that we also seek to stay connected as a staff body. The SLT is keen to support you all, and we will stay in regular contact over the coming weeks with news, events and information.

Supporting colleagues and staying connected:

- I will seek to send a **“Wellbeing Weekly”** bulletin of this ilk, with any news and events.
- We are developing a **Wellbeing section to the Connected School Platform** with sections for pupils, parents and staff. We will let you know where to find this information once it is live.
- **Staying active** - Joe Satt and team will be developing exercise guidance and classes, for pupils and staff, which again we will alert you to once set up.
- **Haileybury Pantry** has gone live - we hope this will help with your essential shopping items. Thank you to the Catering Department for their support here.
- **Keeping in touch**
 - We are busy putting together a list of all colleagues, and thinking about those of you who might be more vulnerable or worried at this time. We will endeavour to be in touch with you regularly to check up on how you are faring and to offer any support we can.
 - We would encourage all colleagues to set up WhatsApp groups or similar, and stay in touch with those in their departments, houses etc., including our wonderful support staff teams. Perhaps WhatsApp can be reserved for social forums, and Google for work. Colleagues still need time off – and need to be able to “walk away” from their desk, and not be followed by their phone!
- **If you need support** at any time, please do not be afraid to ask - perhaps you just want an update on what’s happening at school, perhaps your family has been affected by CV - please do email me, or Simon, and we will get back to you (including through the Easter period.)
- **A Virtual Common Room** - Simon and I will host a Zoom get-together which all teachers will be invited to attend as a forum to chat, raise any concerns, raise a glass together and talk “non-work stuff” – we will try and do this daily this week and confirm future arrangements thereafter.
- **Follow @Hbury_Wellbeing on Twitter** for good news stories and links to helpful articles and advice. (Feel free to send me photos of what you're doing, so that we can keep the community connected.)

Supporting the local community:

We are keen, too, that we help our local community where we are able. If you have ideas or contacts, please send them to me and I will disseminate in the weekly bulletin. Thank you to Lucy and Dale for this one:

- **Help in Hertford Heath** - you can sign up on the local Parish Council website to offer help in the village: <https://hertfordheath.org.uk/help>

Please do not hesitate to contact me, or any member of the SLT, at any time.

Enjoy the sunshine - and thank you for all of the incredible work that has been put in over the last few days; what a truly special staff body!

Best wishes,
Laura