



The RGTS Pulse

Staff Wellbeing Newsletter

Edition 1 October 2020 | www.rgtrustschool.net | Twitter: [@RGTrustschool](https://twitter.com/RGTrustschool)

A Poem for the RGTS Staff

Mental health is a phrase that most would recognise
But at times our own mental health is a thing that we set aside
And it's not always purposeful
But life is busy and we might not get the time
To reflect and find
What's really going on inside
Like, I haven't exactly got lots of time
I've got bills to pay
And a job that's quite challenging
I'm just about balancing everything that I need to
I can't really afford to take time out for me too
Maybe this is how some of you feel
And if I'm gonna be real
I understand
But I don't think it's the best long term plan
Perhaps you're not as strong as you want to be
But we're human beings not machines
So please
Take time and speak
If you need support, it's not a sign of weakness
As teachers, you have a key part to play
In supporting students, day after day
And that takes a lot
So use this day to stop
And take stock
Ask yourself, how am I?
Tell somebody
Write it down
Consider what you feel life's about
It's ok not to be 100%
But share how you feel
Just take a breath
And I believe that you will find a place of strength



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Feedback from Our Community

Sue Jackson, one of our visiting counsellors, gave us some lovely feedback on her experiences of working at RGTS this term:



"I have been working at RGTS for six year's outreach, providing bereavement support to the students who, the school feels, need a space to talk and build memories which can help to break down barriers to their learning. I wanted to email you to say how much I enjoy working at the school and how impressed I am by the behaviour of the pupils, which is of a high standard compared to other schools that I have spent time in. The students I work with have all said that the school offers great support to them and that they are very happy."

Annie Drewry, mother of Daisy Drewry and Parent Governor, also shared these lovely words:

"As the mum of an autistic pupil, choosing a secondary school was filled with a mix of worries and hopes. Royal Greenwich Trust School made the effort to find out about our needs as a family and support my daughter to shine and excel.

Being part of a small, friendly secondary school where staff and pupils know each other's names means that the social part of making friends and the growing pains of being a teenager, which recently has been so challenging for the country, are handled within the tight school community."



Tips for Looking After Your Own Wellbeing

1. Find ways to relax

If there's something that helps you relax, try to find time to fit it into your day. For example, this could be having a bath or going for a walk.

2. Take a break if you need to

If you're feeling overwhelmed by a stressful situation, try to take a break. A change of scene can help you to relax and relieve feelings of anxiety, even just for a few minutes.

3. Do something you enjoy

Try to make time to do an activity you like on a regular basis. This could be something small, like cooking a meal, ringing a friend or listening to music.

4. Try mindfulness

Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing exercises and yoga. It's been shown to help people become more aware of their thoughts and feelings. This means that instead of being overwhelmed by your feelings, it becomes easier to manage them.

5. Give yourself some tech-free time

If you find that being on your phone or computer a lot is making you feel more busy and stressed, try to take a break. This could be for just an hour or two. If you find this difficult, try putting your phone in another room or setting an alarm to time yourself.

For more advice and tips on looking after your wellbeing, please watch this helpful video from Mind: <https://youtu.be/cyEdZ23Cp1E>

RGTS Promotional Video

This term, we commissioned a videographer to come and capture life here at RGTS for our latest promotional video. A huge "Thank you" to everyone who took part in the filming; we hope you enjoy the final video: https://youtu.be/_5GabEO62g4

Random Acts of Kindness



This term, we've launched our weekly 'Random Acts of Kindness Award'. Nominations for this award can be submitted to Sahara Cousins via email for any member of staff who has gone "above and beyond" to support our school community: colleagues, students, parents or those in our wider community. See below those who have been awarded this term.

Nominations are due in each week by Thursday 4PM and awards are given during Staff Briefing on Mondays.



Joanna Trabaud	MFL	On her way home for the weekend, Joanna noticed a fight about to happen between some of our students and students from another school. Joanna was able to stop the fight from starting and ensure the safety of our students.	12/10/2020
Darcy Mannion	HR/Admin	Darcy saw that there was a class which was unsupervised making a lot of noise on the second floor. She went to the classroom, got the students to settle down and waited for the teacher to return to the class.	19/10/2020



Staff Wellbeing Playlist



As part of RGTS' Monday Morning Melodic Motivation, staff have been submitting songs to Sahara Cousins that motivate them. A random choice is then selected to play each week at the beginning of Staff Briefing on Mondays, See below the playlist so far for this academic year!

If you haven't already, please send your suggestions to Sahara Cousins!

RGTS Music Playlist 2020-21			
28/09/2020	Caroline Longhurst	Lovely Day	Bill Withers
05/10/2020	John O'Brien	Every Time We Touch	Cascada
19/10/2020	Olivia Saunders	Never Too Much	Luther Vandross
12/10/2020	Desi Nikolova	Don't Stop Me Now	Queen



Charity Donations for DVA's Facemasks

Thank-you to all staff who have donated for masks. We have raised **£20 for Cats in Crisis** and **£91.80 for Pilgrim's Hospice**. I will be getting back to the sewing machine over the half-term to finish the material I have, and make up any requested recently! Stay safe. Dominique

Entries Wanted for the next RGTs Pulse

For the next entry, we want to hear from all of our staff community. If you have photos to share, recipes for colleagues to try, book recommendations and reviews, please send them to Sahara Cousins.

Staff Wellbeing Library

As part of our continued efforts to promote staff wellbeing, we've started a new staff book swap. Each member of staff has been given a book on the theme of wellbeing. When you've read it, please return it to the library and take out another one! The titles we have bought are:

- **"The Prison Doctor" by Amanda Brown**
- **"Calm" by Fearne Cotton**
- **"The Choice" by Edith Eger**
- **"Own Life: How to Show Up with Confidence and Take Control of the Future" by Todd Eden**
- **"The Greatest" by Matthew Syed**
- **"How to Master Your Emotions" by Alex Valder**
- **"How to Fight" by Thich Nhat Hanh**
- **"The Twins of Auschwitz" by Eva Mozes Kor**
- **"The Little Book of Psychology" by Emily Ralls**
- **"Rebel Ideas" by Matthew Syed**
- **"You Are Awesome" by Matthew Syed**
- **"The Prison Doctor: Women Inside" by Dr Amanda Brown**
- **"Fighting for Your Life: A Paramedic's Story" by Lysa Walder**
- **"You Are Stronger Than You Think" by Summersdale**
- **"Never Lose Your Sparkle"**
- **"Normal People" by Sally Rooney**
- **"This is Going to Hurt" by Adam Kay**
- **"How to Have a Great Life" by Paul McGee**
- **"The Little Book of Positivity" by Lucy Lane**
- **"Little Black Book" by Otegha Uwagba**
- **"Unnatural Causes" by Richard Shepherd**
- **"The Saboteur of Auschwitz" by Colin Rushton**
- **"Human Intelligence" by Greg Orme**
- **"My Judy Garland Life" by Susie Boyt**
- **"Blame My Brain" by Nicola Morgan**
- **"David and Goliath: Underdogs" by Malcolm Gladwell**
- **"The Fear Bubble" by Ant Middleton**
- **"Confessions of a Sociopath" by M E Thomas**
- **"First Man In: Leading From the Front" by Ant Middleton**
- **"Fast Asleep" by Dr Michael Mosley**
- **"My Awesome Guide to Getting Good at Stuff" by Matthew Syed**
- **"Battle Scars" by Jason Fox**
- **"30 Day Challenge Book: Change your Habits" by Samantha Matthews**
- **"How to Love Yourself" by Lakeysha Marie Green**
- **"Responsible: Who Will You Be Next?" By Bradley Charbonneau**
- **"Treasures of Sadness" by Corrie Smith**
- **100 Things Successful People Do" by Nigel Cumberland**