

St Benet's ECTs Go Wild in Thetford Forest!



ECTs from across the Trust - including colleagues from 'St Benet's North' schools - converged on High Lodge, Thetford Forest on 16th November for our inaugural Wellbeing and Resilience Day for ECTs.

The day was designed to support wellbeing through nature, provide teamworking and networking opportunities, and build resilience through perseverance and challenge.

As such, the attendees were tasked to create 'fire from friction' through the use of a (team) bow drill; assemble, arm and fire a 'Brazilian Man Trap'; and build a survival shelter from natural materials.

Instruction and theory were expertly provided by the team from Back to Wilderness who ensured everyone enjoyed a safe, rewarding and enjoyable day along with refreshments and a lunch cooked over the open fire.

Thanks to our Head of Standards & Quality Assurance, Paul Seeman, for arranging the event and assisting on the day.





Prayer for the Day

The Church of England have an app called Time to Pray, which releases a new prayer twice a day as a short podcast. Today's prayer can be heard [here](#).



Trust Information

Central Team Contact Details

The Diocese of Norwich Education Team (St Benet's, DNEAT, DoNESC) are based at **Orchard House, Hall Lane, East Tuddenham, Norfolk NR20 3LR**. This is also the registered address for St Benet's MAT.

The central phone number for St Benet's is **01603 550147**.



Press & PR

Our PR Officer, **Kate Morfoot**, should be your first point of contact for any press/media enquiries or if you have any good news stories from your academy which you would like to publicise. Her contact details are: **07803 590 728** (inc out of hours) and press@stbenets.org.



Footprints & Schools Flyer

Footprints magazine and the Schools Flyer are circulated to all Diocesan schools. The latest editions can be read [here](#).

If you would like your school to be featured in Footprints please contact Holly Davy, PA to the Diocesan Director of Education, at holly.davy@dioceseofnorwich.org.

Vacancies

For vacancies at St Benet's MAT please visit: www.stbenets.org.
Please email your vacancies to: robyn.redman@doneesc.org.



Operational Updates from DoNESC

DoNESC (Diocese of Norwich Education Services Company) provide St Benet's with back office services including HR, Finance, Payroll, Governance and Estates.

NEW DoNESC Help Desk

Many of you have already used the new DoNESC Help Desk to log queries relating to HR, Payroll, Governance, Estates and Finance. There is also an 'Other' option if your query doesn't fall into one of these categories.

A User Guide has been uploaded to the 'DoNESC Central Information' section of the Resource Hub on the St Benet's website; your school office will have a login for the website (or contact suzannah.kay@stbenets.org).

If you have any queries about the Help Desk please contact Wendy Allsop at: wendy.allsop@donesc.org who will be happy to help.



BT Open Reach Visits Ahead of Broadband Installations

As we move forward with our broadband installations with Rydal (ahead of NCC ending their service early next year) BT Open Reach will be visiting all schools to install the new lines. This will not affect any connectivity.

Although Rydal will do their best to give you an idea of when site visits will be happening, BT Open Reach are not able to commit 100% and the proposed times are not guaranteed.

When you hear from/have a visit from BT please can you call Rydal on 03333 582 338 and ask for either Nikki or Lucy in the first instance (if they are not available another member of the team will be able to help).

If you have any questions please contact Wendy Allsop at wendy.allsop@donesc.org or 01603 550161.

Spectrum Life Employee Discount Marketplace

As well as providing our new Employee Assistance Programme (see back page) Spectrum Life also offer a discount hub for thousands of well-known brands.

To access, log in to your Spectrum Life account and click on the Rewards tab at the top of the page.

BenefitHub

spectrum life

Discount Marketplace

With over 300,000 vendors, we bring you the world's largest selection of global, national, and local brands across 15 countries.

- Supermarkets: Up to 2% off all major supermarkets
- Technology: Up to 20% off on the biggest brands

300+ National Discount Providers

1,000 Local Deals

What Makes Us the World's Leading Discount Marketplace

- Exclusive Deals with Top Brands
- AI-based Recommendation Engine
- Widest Range of Categories
- Stack and Save capability
- Local Deals
- Cash Back
- Gift Card Outlet
- Favourites
- Fully Customisable

amazon ASDA Superdrug citi Rolls-Royce

*Based the average U.K. household spending. Copyright © 2023 BenefitHub, Inc.

Governance Update

Governance support both centrally and across all Trust schools is provided by DoNESC's Governance Team, led by Head of Governance Hannah Monk (centre) and with support from Tara Burrows, St Benet's Governance Officer (right) and Dawn Knights, DNEAT Governance Officer and Training Facilitator (left).



Training Reminder - GovernorHub Troubleshooting Session for Governors and Trustees

This one-hour session is an opportunity for Governors to have a refresher on the information and guidance available on GovernorHub, how to access the different areas and to raise any questions.

Date: Wednesday 6 December

Time: 16.00-17.00

Format: Via Zoom

For more details about the training and to book your place please [click here](#). If you have any queries, please contact Dawn Knights via dawn.knights@donesc.org.

Safeguarding Update

From Louise Veeren, Head of Safeguarding



Safeguarding

- Never think you have done enough in creating a safer culture
- Always believe it could happen here
- Keep safeguarding high on everyone's agenda
- Never rely on one process to keep children safe

Letters of Assurance

When using external suppliers, whether this be maintenance services or music services etc, schools often have different forms of information regarding checks that are made on suppliers.

Sometimes this comes through as a letter, sometimes an email, and schools are often having to go back to suppliers to clarify the information sent. There is now a Trust template letter that you can send to suppliers, confirming the checks that have been made on their employees. It also means that they have to list the employees that will be attending the school so you can cross reference this to the ID that they present to you.

The letter template, which will need to have your academy name and contact added, is saved in the Safeguarding section of the Resource Hub on the Trust website.

WhatsApp Concern - please pass this to your parents

There has been an e-safety warning given by Norfolk Police regarding WhatsApp.

Please be aware that there is a WhatsApp group called "Add Everyone you Know" which has been reported to contain indecent images.

Norfolk Police are investigating this group and have urged parents to check their children's WhatsApp, as well as checking their camera roll/images or videos sent via WhatsApp as these can be automatically saved without your child's knowledge.

If any further evidence is found as a result of checking your child's devices, please contact Norfolk Police.

The Internet Watch Foundation

The IWF contains some useful information for parents, carers and professionals around keeping children safe online:

<https://www.iwf.org.uk/>

Safer Internet Day

The Local Authority have provided information and resources that you can use for Safer Internet Day:

[Norfolk Schools](#)

Safer Recruitment Training

A reminder that if you or anyone in your team requires Safer Recruitment Training then email Louise Veeren who has bulk purchased licences from the NSPCC which are available between now and the end of this year.

NEW Staff Wellbeing Service Launched

We are delighted to announce that the Trust has agreed a new employee wellbeing support service for all St Benet's staff. Employee access to Spectrum Life is available now. Details of the Employee Assistance Programme are listed below.



spectrum
.life

Employee Assistance Programme

Your Employee Assistance Programme is a free, confidential counselling and wellbeing support service that provides in-the-moment support to you. There are multiple access points to a dedicated Case Manager so we can respond to your needs at any time:

- FREEPHONE**
- LIVE CHAT**
- WHATSAPP AND TEXT**
- ONLINE PORTAL**

Available 24/7, 365 days a year.

We support across a uniquely wide range of areas including:

- LGBTQ+
- Gender issues
- Depression, anxiety, & stress
- Grief & bereavement
- Addictions
- Relationship & marital problems
- Work stress
- Work-life balance
- Workplace conflict
- Retirement
- Financial Advice
- Legal Information
- Consumer Advice
- Parenting Coaching
- Mediation
- Career Guidance
- Life Coaching
- Health Advice

UK Freephone
0808 196 2016

SMS and WhatsApp:
Text 'hi' to +44 77 0018 5685

Online Platform:
app.spectrum.life/login

The details for the online platform (which is accessible from both laptops and mobile phones) is: <https://donesc.spectrum.life/login?org=DoNESC>

On the home page you will be asked to enter your name and email address, create a password and choose who you work for from a drop-down menu (you will need to choose St Benet's) and this will then take you through to the welcome page where you can access information about the Employee Assistance Programme, as well as fitness, nutrition and many articles, videos and audios around wellbeing.

If you have any problems registering, please contact wendy.allsope@donesc.org