

A wellbeing/resilience session for school heads and senior staff

Friday 5 July 2024, 10.00am – 1.30pm

Thomas Clarkson Centre, Bury St Edmunds

The Diocese is inviting Suffolk Headteachers and Deputy Heads to our annual wellbeing session this summer. This year we welcome Revd Laura Mumford and Jonathan Gray.



'O still small voice of calm': What can we learn from Elijah about finding moments of rest amidst the 'earthquake, wind and fire'.

Revd Laura will lead a session reflecting on what rest might mean for you and how you might be able to prioritise it at different times of the year. Additionally, the session will involve an opportunity to make a simple plant pot and to discuss the challenges that the words 'wellbeing' and 'work/life balance' might bring.

Mental health and wellbeing in school

Working in a school under the current stresses, strains and worries can be overwhelming for all members of staff. Jonathan will be reflecting on the approaches that have (and haven't!) worked when trying to look after the wellbeing of all members of his staff and sharing his approaches to maintaining his own sanity when everything around him seems to be getting a little much.

The programme:

9.45am	Arrival and coffee/tea
10.00am	Introductions Phil Knowles, Diocesan Schools' Effectiveness Officer
10.15am	'O still small voice of calm': What can we learn from Elijah about finding moments of rest amidst the 'earthquake, wind and fire' Revd Laura Mumford
11.30am	Break
11.45am	Mental health and wellbeing in school Jonathan Gray, Headteacher Acton CEVC Primary School
12.15pm	Follow-up discussion /informal chat
12.30pm	Closing Reflection Revd Laura Mumford
12.45pm	Lunch
1.30pm	Close

About the speakers:

Reverend Laura Mumford

Having spent a number of years working in Secondary Education I was ordained in 2020 and completed my curacy in St Mary's Church in Bury St Edmunds. I am currently the Chaplain at the Royal Hospital School and have a keen interest in developing the ways school leaders care for their own wellbeing alongside their staff and pupils. I live in Ipswich with my husband Tom, Dave the cat and a puppy called Wolsey.



Jonathan Gray



I have been the Headteacher at Acton CEVC Primary School for 3 years. During this period, the new Senior Leadership Team has led the school through a number of challenging circumstances. I've led the school through our OfSTED and SIAMS inspections during the past 12 months. Acton's theologically rooted Christian Vision underpins every aspect of our school's provision for the wellbeing and mental health of our staff and children. This was identified as a significant strength during the recent SIAMS inspection.

Cost and booking:

£60 for subscribing church schools
£120 for all other schools

Contact Jacqui Studd at the Diocesan Office to book:

jacqui.studd@cofesuffolk.org | 01473 298570

