



Welcome & Updates

Dear Colleagues,

As we begin the new year, I would like to wish you all a very happy and healthy 2026, and to thank you for the continued dedication and professionalism you show across WNAT.

January is a time to reflect, refocus and look ahead. I am consistently impressed by the commitment of our staff and the positive difference you make for our pupils and communities every day. As we move through the winter term, please remember to look after yourselves and one another, and to make use of the support available within your teams and across the Trust.

Thank you for all that you do. I look forward to working with you over the year ahead as we continue to grow and succeed together.

With warm regards,

Becky Theobald, Deputy Chief Executive Officer, West Norfolk Academies Trust



Staff Wellbeing

Practical advice and supportive strategies to help individuals recognise, manage and reduce the impact of Seasonal Affective Disorder (SAD) during the darker winter months, promoting emotional wellbeing and resilience.

- 1. Maximise Natural Light**— Spend time outdoors during daylight hours, even on cloudy days. Sit near windows when indoors to benefit from natural light.
- 2. Stay Active**— Regular exercise can boost mood and energy levels. Activities like walking, yoga, or dancing can help combat winter blues.
- 3. Maintain a Routine**— Sticking to a regular schedule for sleeping, eating, and working can provide stability and improve your overall mood.
- 4. Eat Well**— Focus on a balanced diet with plenty of fruits, vegetables, and whole grains. Limit sugary and processed foods, which can lead to energy dips.
- 5. Connect with Others**— Stay socially active to reduce feelings of isolation. Meet friends, join groups, or simply have a chat over the phone.
- 6. Seek Professional Help**— If symptoms are severe or persist, consider speaking with a GP or mental health professional. Therapies like Cognitive Behavioural Therapy (CBT) can be effective.
- 7. Plan Things to Look Forward To**— Having enjoyable activities or events in the diary can give you a positive focus during darker days.

Wellbeing Contact Numbers

Your wellbeing matters. If you're feeling overwhelmed, stressed or simply need someone to talk to, help is available:

Education Support— A free, confidential helpline for anyone working in education.

Call: 08000 562 561 (24/7) ~ Website: www.educationsupport.org.uk

Mind (Mental Health Charity) - Resources, tips and support for managing stress, anxiety and low mood.

Infoline: 0300 123 3393 ~ Website: www.mind.org.uk

Quote of the Month

"Every child is a different kind of flower, and together they make this world a beautiful garden."

This quote highlights the unique potential of each pupil and celebrates the vital role primary educators play in nurturing a vibrant learning environment.

Upcoming Events & Dates

10th - World Laughter Day

11th - International Thank You Day

16th - World Education Day

18th - World Religion Day

20th - World Cheese Lovers Day

24th - International Day of Education

26th - Clean Energy Day

27th - Holocaust Memorial Day

29th - Puzzle Day

Savings & Discounts

Discounts for teachers gives exclusive discounts, cashback & vouchers for Teachers & ALL Education Staff. For teaching assistants, headteachers, administrators, and everyone in between.

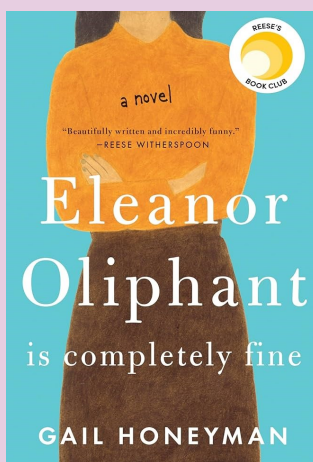
discountsforteachers

www.discountsforteachers.co.uk

Book and Film Suggestions

Book: Eleanor Oliphant is completely fine by Gail Honeyman

A tender, often funny novel about loneliness, kindness and the slow healing power of human connection. Deeply compassionate without being sentimental. It gently reminds us that even the most isolated lives can be transformed by small acts of empathy.



Series: Can You Keep a Secret (BBC 1)

A six-part BBC sitcom set in the West Country, where a recently widowed woman hides an outrageous secret — her husband isn't actually dead. It is a warm, mischievous and packed with farcical twists — a cosy, character-led comedy perfect for a January binge.



Diversity

Lohri (mid-January) – Celebrated mainly by Punjabi communities, Lohri marks the end of winter and the return of longer days. Families gather around bonfires, share food and music, and give thanks for community and renewal. A great opportunity to explore seasonal change, gratitude and cultural traditions.

Makar Sankranti (mid-January) – A Hindu festival celebrating the sun's movement into Capricorn, symbolising growth, hope and new beginnings. It is often marked with family gatherings, charitable acts and seasonal foods, offering rich links to discussions about nature, cycles and generosity.

www.westnorfolkacademiustrust.co.uk



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