

The Lumen Link

A newsletter from The Lumen Partnership – connecting and reflecting on leadership together

Welcome to the fifth edition of The Lumen Link!

I hope everyone had a good summer break and found some time to rest, recharge and enjoy life away from school. As we begin a new academic year, it is great to be starting **another year of the Lumen Partnership and the second year of our newsletters.**

The Lumen Partnership continues to bring together a group of headteachers who have chosen to work collaboratively and voluntarily, supporting one another both professionally and personally. At its heart, the partnership is about **our own wellbeing and the betterment of our schools.** By sharing experiences, ideas and expertise, we can lighten the load, learn from one another and strengthen the schools and communities we lead.

A big thank you to **Kate from Ramridge** for her excellent input and reflections on her recent Ofsted, and to **Colin from Putteridge** for his updates on school finances. Both were extremely helpful and enlightening and will help inform our thinking and decision-making as we move forward this year.

I look forward to seeing you all at our next meeting. Agenda to follow.

Warm wishes

Edel

Spotlight on a school

Learning truly does happen beyond the classroom, and this half-term we have been delighted to see this come to life through our enrichment programme. At Bramingham Primary, we believe every individual, every moment and every achievement matters, which is why we are committed to providing all our KS2 children with the opportunity to attend a residential trip.

Over the years, our children have experienced a wonderful range of residential trips. We have camped at school, explored the historic grounds of Willersley Castle, and visited a variety of PGL sites including Marchants Hill, Ashford and the Isle of Wight. Each trip has been carefully chosen to offer our children memorable experiences that extend their learning and personal development.



Spotlight on a school (continued)

This term, our Year 3 children have had the privilege of attending the first residential trip of the school year, and what an exceptional experience it has been. For the first time in our school's history, the children spent a night at Whipsnade Zoo – a truly unique and unforgettable setting for a residential visit. The children had the opportunity to visit the zoo, access the soft play area, take part in an engaging animal quiz and complete some wonderful arts and crafts activities. However, the highlight for many was undoubtedly the Saturday morning guided tour, which took place before the zoo opened to the public. Watching the children's faces as they observed the animals waking up and beginning their day was truly special and something they will remember for years to come. What has been most rewarding to witness is not just the fun and enjoyment the children have experienced, but the significant personal growth they have demonstrated. Through this residential trip, our Year 3 children have had the opportunity to develop their social and independent skills in a safe and supportive environment. They have navigated new situations, worked collaboratively with their peers, built confidence and resilience, and created lasting memories together. Residential trips are so much more than time away from school. They are transformative experiences that allow children to step outside their comfort zones, develop important life skills and see themselves and their peers in a different light. The learning that takes place during these trips – the friendships strengthened, the independence gained, the confidence built – is invaluable and cannot be replicated in the classroom.

Satinder Bains & Petra Sutton
Co-Headteachers



In the know

Attendance and Behaviour

Attendance and behaviour continue to be a significant focus for schools and for Ofsted, with particular attention on persistent absence, consistent expectations and the strength of school culture. Strong systems, clear expectations and positive relationships with children and families all need to work together.

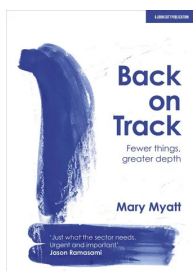
Across the **Lumen Partnership**, there is a real opportunity for our staff to work more closely together. Sharing approaches, expertise and successful strategies can help us tackle common challenges, reduce duplication and give staff greater confidence that they are not working in isolation. It also creates valuable opportunities for professional development and for colleagues to learn from one another. By working together, we can strengthen our approaches to attendance and behaviour, support families more effectively and build consistent, positive cultures where staff feel supported and children are ready to learn.

Worth a read

Back on Track: Fewer Things, Greater Depth by Mary Myatt

A thought-provoking read for headteachers, reminding us that effective school improvement is about doing fewer things well. Mary Myatt encourages leaders to prioritise what truly matters: high-quality teaching, a rich curriculum and meaningful learning, while reducing unnecessary workload.

Edel



This term's wellbeing tip



Your Personal Wellbeing Lift: 'The Gate-to-Car Transition'

As a headteacher, your brain spends the entire day in a state of hyper-vigilance balancing staff needs, pupil safety, parental expectations, and endless accountability metrics. If you don't intentionally break this cycle, that operational anxiety follows you home in the car and sits at your dinner table.

This week, try a personal boundary tool called

The Visual Offload:

- **The Anchor:** Choose a physical object you pass every single day as you leave the building – the main school gate, the car park barrier, or even your steering wheel.
- **The Cognitive Boundary:** As you touch or pass that object, consciously tell yourself: 'The school day is now complete. The challenges of tomorrow belong to tomorrow. My presence at home is what matters most now.'
- The transition: Dedicate the first teen minutes of your journey home to complete silence – no phone calls, no podcasts. Let your nervous system downshift from 'school leader' to 'individual'.

Remember: You cannot lead a school effectively if you are running on empty. Protecting your personal headspace is not selfish; it is a professional necessity.

Leadership reflections

A moment of reflection

"A new academic year is not about having every answer from day one. It is about taking each step with purpose, recognising the progress we make, and remembering that we are stronger when we are supporting one another. Give yourself permission to pause, breathe and celebrate the difference you make each day."

Anonymous

Date for next meeting

Our next meeting will be on **Tuesday 17th November, 11am–1pm**, with lunch provided.

The focus will be on **attendance**.

Hope to see you all there!

Edel