

City Educationalist



April 2021

Newsletter of City of Leicester District of the NEU

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



<https://www.facebook.com/groups/leicesterneu>

Not getting emails? Update your details at
<https://neu.org.uk/add-my-email>

Forthcoming Events

District meeting – April 21 st (Deputy General Secretary election hustings) Register in advance for this meeting: https://neu-org-uk.zoom.us/meeting/register/tJYuceyqrjwoGtYGXyoKMCwy2-2RFo2vt1xe After registering, you will receive a confirmation email containing information about joining the meeting.	
District meeting – May 26th	Committee meeting – May 12th
District meeting – June 23 rd TBC	Committee meeting – June 16th

Meetings usually start at 7.30pm, but this can vary. Due to ongoing restrictions connected to Covid-19, meetings will be virtual. If you are subscribed to NEU emails, you will receive information nearer each meeting. Meetings are open to all Leicester City members of the NEU.

Please let us know if you'd like to receive City Educationalist in a larger font, or if you need any support or adjustments to make it possible for you to attend district meetings.

If you would like to submit an article or letter, or have any suggestions about how to improve City Educationalist, please email jessica.edmonds@neu.org.uk

District 3 National Executive Elections

You should have received a postal ballot for elections in our district for the National Executive.

Leicester City Secretary Joseph Wyglendacz is thrilled to be nominated by a significant number of NEU districts: City of Leicester, East Riding of Yorkshire, Leicestershire, Northern Derbyshire, Nottingham, Nottinghamshire and Southern Derbyshire.

Steve and Joseph have been nominated by most districts as a duo. This means that they have the support of those areas and shows that they are an active campaigning partnership. Choose them as an active, visible voice!

VOTE JOSEPH WYGLENDACZ 1, STEVE SCOTT 2

For strong, member-focused representation covering the whole of the East Midlands.



Health and Wellbeing Day – 10th April 2021

Members came together to carve a bit of time out for themselves to relax and reset, with yoga, a cook along, dance fitness, and an introduction to organising around mental health in the workplace. Feedback was phenomenal!



“It was fun, fun, fun! I enjoyed cooking something different and with vegetables ... I would do this again! I wasn't expecting to enjoy it as much ..so a bonus.”



“Great session....Would love to try again.”



“Great session to end on. Everyone loves a dance!”

You can contact any of the instructors for more information directly:

Yoga: <https://www.melaniekyogaandwellness.com/>

Cooking: <https://www.facebook.com/pomeloandrocket>

Dance fitness: <https://www.facebook.com/ATeamFitnessGFDQ/>

Top 10 tips for wellbeing

Julie Walters-Nisbett, City of Leicester NEU President, shared her top 10 tips for wellbeing too:

1. Hydrate, hydrate, hydrate – The Eatwell Guide says we should drink 6 to 8 glasses of fluid a day. Water, lower fat milk and sugar-free drinks, including tea and coffee, all count.
2. Plan your exercise - 3 times per week.
3. Count those steps!
4. Plan your meals, and snacks. Keep water/ diet drinks/ healthy snacks in the car. Consider a slow cooker/air fryer. Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.
5. “Buddy up” on steps/ exercise/ gym/ good food tips.
6. Schedule me time:
 - a. Comedy/ Theatre online or in person.
 - b. CPD – NEU/ Eventbrite
 - c. Hands/ Feet
 - d. Soak in the bath. Music, candles and soak. Watch a beach!
7. Mindfulness.
8. Read a book.
9. Talk/ Talk/ Talk.
10. T.V. time – Netflix, YouTube, movie night.

More information

You may also find the following links useful, from our Learning Rep Mayuri Parekh:

https://www.ted.com/talks/sydney_jensen_how_can_we_support_the_emotional_well_being_of_teachers/transcript?language=en

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/transcript

https://www.ted.com/talks/eduardo_briceno_how_to_get_better_at_the_things_you_care_about/transcript

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/choosing-an-activity/>

<https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/resources/activities>

Summer term campaign - directed time (1265)

12:65

#DIRECTEDTIME

21 April | 5pm Members zoom launch

Winning on working time and tackling workload

Speakers

Kevin Courtney, joint general secretary NEU

Mary Boustead, joint general secretary NEU

Karen Kemble, Hounslow NEU

Eman Mohamed, NEU rep in Essex

Carla Topham, NEU rep in Birmingham

Roisin Kelly, NEU rep in Birmingham

Jessica Edmonds, City of Leicester NEU

Register here: <https://bit.ly/members21april>

Join the all-members zoom on 21st April at 5pm by registering here: https://neu-org-uk.zoom.us/webinar/register/WN_ocxGAtviSqSEMcvDR5OtsA

See resources here: <https://neu.org.uk/workload/directed-time>

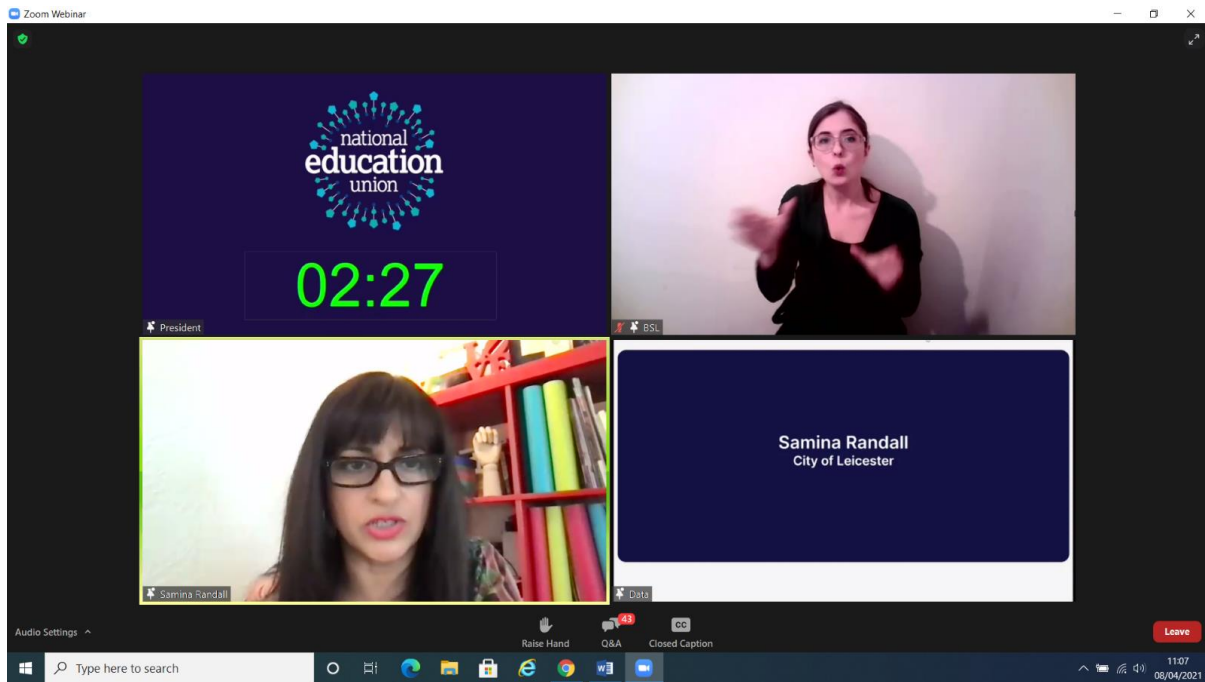
March newsletter prize quiz

On the back page of the last newsletter was a quiz: thank you and well done to everyone who entered! I popped names into a hat and am pleased to announce that the winner is Ryan “the cheese” Saunders, of Moat Community College. Well done, you have won a £25 gift card!

Annual Conference 2021

Due to ongoing Covid restrictions, conference was online this year.

Well done to Samina Randall, our Supply Members' Officer, who proposed motion 21 on Protecting Black Lives in Education. This motion was successfully passed, and means that there will be stronger support for members with Employment Tribunals for discrimination claims in the future.



National Officer of the Year

Well done to Jessica Edmonds, who, after winning the East Midlands Regional Officer of the Year, went on to win nationally. Look out for the NEU's national newsletter, Educate, which will have further details of all award winners.



Joint Statement on 2021 Exam Cancellations and Teacher Assessments by the Black Educators' Alliance (BEA)

<https://blackeducatorsalliance.org/2021/03/09/joint-statement-by-bea-care-coalition-of-anti-racist-educators-on-2021-exam-cancellations-and-teacher-assessments/>

Update your membership details

Visit my.neu.org.uk

It's vital that the NEU has up to date details for all its members. You may also be eligible for reduced subscriptions: for example, if you work part time, are about to retire, or take maternity leave. Have you moved? Tell us your new home or workplace address. It is also important to update your equalities information.

Thousands of members have already signed up for myNEU, the new online portal to manage your membership and access the many benefits which come with being a part of Europe's largest education union. To register, go to my.neu.org.uk and follow the prompts. myNEU is also a portal to accessing hundreds of exclusive discounts available to members through NEU Rewards. From savings on your weekly shop to

holidays and special treats, you could save up to £1000 a year. For more information visit neu.org.uk/neu-rewards

You can also update your details by calling 0345 811 8111 or emailing membership@neu.org.uk

**Join The National Education Union at:
www.neu.org.uk/join
or call: 0345 811 8111**

Covid-19 safety in schools

Dos and Don'ts



Risk assessment



DO make sure risk assessments, including for individuals, are revised and updated to ensure appropriate safety measures are implemented. Risk assessments should be reviewed regularly and whenever there is a change in circumstances.

DON'T leave it up to the employer – you are entitled to be consulted about risk assessments.

Staff at higher risk



DO ensure individual risk assessments and working arrangements reflect personal circumstances. CEV staff should work from home until at least 31 March; press for CV and older staff to work at home as well, pending vaccination protection.

DON'T accept that individual risk assessments are set in stone – they must be revised as circumstances change.

Ventilation



DO ensure working areas are well ventilated and at a comfortable working temperature. If in doubt request use of CO2 monitors.

DON'T agree to teach in classrooms with unsafe ventilation.

Face coverings



DO ensure that suitable face coverings are worn in school by all primary and secondary staff, and by pupils in Y7 and above, including in classrooms.

DON'T accept that anyone should be prevented from wearing a face covering if it helps them feel safer.

Hygiene and cleaning



DO raise concerns if hand washing and sanitising systems for staff and pupils aren't working or if you feel your school isn't being properly cleaned.

DON'T allow hand washing and sanitising standards to drop; and don't take on cleaning duties if you are not employed as a cleaner.

Testing



DO assume that a positive LFT result means you have the virus. Follow this up with a confirmatory PCR test if you did the LFT at home.

DON'T assume that a negative LFT result guarantees you don't have the virus. There should be no relaxation of protective measures.

Bubbles



DO insist that bubbles are kept as small as possible to minimise contact and mixing.

DON'T tolerate bubbles being routinely breached. Every breach increases the risk of transmission.

Marking



DO ensure measures are in place to handle pupils' work safely, through online systems or with quarantine arrangements.

DON'T take books or other materials home for marking unless strict protective measures are in place.

Workload



DO ensure that normal entitlements, such as lunch breaks, directed time limits and PPA time are adhered to.

DON'T agree to unnecessary learning walks, book scrutiny and lesson observations, or other non-essential in-school accountability processes that risk spreading the virus.

These are minimum standards for keeping everyone safe and ensuring reasonable working conditions. If you and members are concerned about what is happening in your workplace, contact your branch.



neu.org.uk/contact-us
March 2021

If you need help:

- 1) Ask your school rep. Don't have one? Hold a meeting and elect one! Reps have access to training and support in their role, and are backed by local officers and the national NEU.
- 2) If it's a new query, try looking on the NEU website first. There is a wealth of useful information there, especially for Covid-19: <https://neu.org.uk/>
- 3) If you can't find the answer, email adviceline@neu.org.uk or phone 0345 811 8111
- 4) If you are already being supported by a local officer, please contact them. Please do not contact a different officer as it causes confusion with casework. Please note that the NEU office in Leicester remains closed due to Covid-19, so please use email.

Local officers and the days they work:

Monday & Tuesday:

Jenny, jennifer.day@neu.org.uk

Wednesday:

Jenny, jennifer.day@neu.org.uk

Joseph, joseph.wyglendacz@neu.org.uk

Jessica, jessica.edmonds@neu.org.uk (PM only)

Thursday:

Joseph, joseph.wyglendacz@neu.org.uk

Jessica, jessica.edmonds@neu.org.uk

Andy, andrew.haynes@neu.org.uk

Minaz, minaz.shaffi@neu.org.uk

Friday:

Joseph, joseph.wyglendacz@neu.org.uk

Jessica, jessica.edmonds@neu.org.uk

Samina, samina.randall@neu.org.uk

Minaz, minaz.shaffi@neu.org.uk