

The Maximilian

A monthly newsletter for governors within the Archdiocese of Southwark

March 2025

Reflection

Beloved Friends, Brothers and Sisters in Christ,

Each year, we are reminded that Lent is a sacred season of fasting, prayer, and almsgiving when, in our different ways, we draw closer to Jesus Christ as we seek to transform our lives. During the Lenten Season, especially in this Jubilee Year of Hope we are once again encouraged to make the time to attend the stations of the cross in our schools and local parishes. The Stations speak to us in our everyday lives, especially during this Jubilee Year when we turn our attention to a God who walks with us through the challenges of life.

I am pleased to see that many schools across the Archdiocese have launched their various Jubilee Pilgrimage plans in inspiring ways, especially in establishing a culture of welcome. Many positive reports from children, parents, and families tell me how much your Jubilee school initiatives are rekindling their faith. I am sure, you are all receiving your various Jubilee stamps when you visit the designated Jubilee Churches. I would like to thank you, commend you, and encourage you to keep up the good work.

Canon Victor Darlington
Episcopal Vicar for the Southeast Area,
Commissions for Promoting Racial and Cultural Inclusion,
Education and Director of Caritas, Archdiocese of Southwark

CATs

Congratulations to the following schools who have also joined one of our CATs.

St Benedict Catholic Academy Trust

St Joseph's Gomm Rd
St Matthew Academy
St George's Cathedral Catholic Primary School
St Paul's Academy

Kent Catholic Schools' Partnership

St Michael's Catholic Primary School
St Bartholomew's Catholic Primary School

St Oscar Romero Catholic Academy Trust

Notre Dame Catholic Primary School



Length of Service as a Foundation Governor/Director in One School

Please be aware Foundation Governors/Directors can only serve a maximum of three terms of office i.e. 12 years in one school. After 12 years you are welcome to become a Foundation Governor/Director at any other school in the Diocese.

Safeguarding & Mental Health Curriculum Training Sessions - Kidsafe

KidSafe UK provides schools from EYFS, Primary to Y6 with a child-friendly, preventative children's mental health and safeguarding programme that can be easily integrated with your current PSHE / RSE provision. They've been fulfilling this role for 25 years, developing a host of in-depth training resources to enable staff to deliver their safeguarding, and mental health curriculum to children. Over the next few months they'll be hosting several free 'Find Out More' sessions, which come with a Positive Mental Health & Emotional Wellbeing workshop. The sessions are an hour long from 10:00 to 11:00.

The dates are as follows: April: 28th & 30th, May: 7th, 14th & 21st, June: 4th, 9th, 11th & 25th.

If interested please email info@kidsafeuk.co.uk to book

Eating Disorder Support - Shout 8258

Shout 8258, is a free and confidential text messaging support line for people struggling to cope. The digital service, has issued new guidance on the issue of eating disorders. Eating disorders are recognised by the NHS as a 'mental health condition where you use the control of food to cope with feelings and other situations'. Recognising an eating disorder is the first step towards healing and regaining balance. There are various types of eating disorders, including Anorexia Nervosa, Bulimia, and Binge Eating Disorder. However, some individuals might not fit into these categories and instead experience Other Specified Feeding or Eating Disorders (OSFED) or ARFID (Avoidant Restrictive Food Intake Disorder), which is more common among individuals with autism. Understanding these different experiences helps us better support those going through these challenges. If interested in finding out more, please click on the link: <https://giveusashout.org/latest/how-to-support-a-young-person-with-an-eating-disorder/>

Courses & Events

Details for our upcoming courses and events for this academic year are available on our website. <https://www.rcaoseducation.org.uk/governor-cpd/>

Safeguarding for Governors

Wednesday 30th April 2025. 5.30-7pm

Zoom

[Book](#)

Governors' Gathering

Wednesday 7th May 2025. 4-5pm. Zoom

Thursday 8th May 2025. 5-6pm. Zoom

[Book](#)



Clerks to Governors Forum

The dates for the next set of Clerks to Governors Forums are Tuesday 13th May 2025 or Tuesday 20th May 2025. Further details can be viewed here: <https://www.rcaoseducation.org.uk/clerks-to-governors-forum-topics/>

