

Well it's nearly that time again. Lots of nativity, Fa La La's and general Christmas stuff. It is such a busy time in schools but a joyous one, with a long break after all of it.

### Newsletters

CAPSA newsletters are sent out on a termly basis so if you have any thoughts on items, or would like anything included please let me know [annette@caph.org.uk](mailto:annette@caph.org.uk).

### CAPSA members

There are now 15 secondary schools who have signed up to the CAPH membership and are able to take advantage of what CAPSA offers.

### Committee members

Lucy Uren, one of the original members has resigned from the committee. If you would like to join our committee and help shape the way CAPSA runs, this is your opportunity.

**COME AND JOIN THE TEAM, HAVE YOUR SAY AND ENJOY LUNCH WITH US.**

### Eden conference

Thank you to those of you who attended the Eden conference and helped make it the success that it was. The speakers were amazing, feedback was second to none and to top it all, Michelle and I had a night in the pods at Eden, with a visit from 2 fire engines and hunky fireman at midnight!

**NEED SUPPLY?** [Click here for details.](#)

### Cornwall Waste Solutions

We have a very special offer in association with Cornwall Waste Solutions. If we can get a large number of member schools interested we can **reduce the costs of waste and recycling considerably**. The system works in the same way as the energy support that many of you have through Zenergi. The waste and recycling are assessed, new contracts negotiated, invoices monitored and ongoing advice and administration is provided. This will all be in one agreed price over a period to suit you. It will save on your staffing costs and the experts at CWS will provide a service that should reduce your overall costs. To follow up just express an interest to Michelle [michelle@caph.org.uk](mailto:michelle@caph.org.uk)

## Stress reduction, building resilience and mental wellbeing training – 31 January 2019

On Thursday 31 January 2019, Sunflower Training will be running a half day seminar on stress reduction, building resilience and mental wellbeing. The cost of the event will be £30 per person. If you would like to attend email me [annette@caph.org.uk](mailto:annette@caph.org.uk) and please note there are limited places so book early to avoid disappointment.

## CAPSA Conference – Save the Date!

The next CAPSA conference will be held on Thursday 9 May 2019 – speakers to be announced in the New Year!

### TRAINING OPPORTUNITIES

**Safer Recruitment training** covers the statutory guidance in relation to safeguarding and making safer recruitment, selection and pre-employment decisions in accordance with Keeping Children Safe in Education. [Find full details here.](#)

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**ICT4** are pleased to introduce their new "SIMS with JJ" bitesize training sessions. [Find full details here.](#)

**ICT4** have informed me that they have a list of temporary SIMS personnel if schools are in need.

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[Here](#) is a link to SCOMIS where you will find details of User Group Sessions this term and Scomis Live in March 2019

### Some useful links...

- ♦ Staying healthy at work is easier than you might think - [try building these desk-based exercises into your working day.](#)
- ♦ Starting out as a new Assistant? [This may be of help](#)