

ABLE NEWS **SUMMER 2024**



Message from the Chair

Welcome to the summer term. The clocks have changed, the evenings are lighter and England is at its most beautiful!

Behind the scenes, your ABLE committee has worked hard to make the summer term really valuable for you. We have a half-day Business Masterclass entitled Sustainable Income Generation for Schools and Academies. This is free for ABLE members. Please take a look below for more information.

Our summer conference, Building Your Leadership Skills, is on 19th June at Eastwood Hall. We have two fabulous keynote speakers lined up. For long-standing members, we have Steve Head back to kick off the day. He is a high-energy machine, and no one will leave his sessions without feeling uplifted and ready to tackle anything! Our second keynote speaker is Jo Marchant author of The School Premises Handbook who is covering Authentic Leadership in her keynote and School Premises Staff in her workshop. There will also be 25 free copies of her book for delegates - details below.

We had good intentions to try the newly refurbished conference venue at Center Parcs however their rates were strictly for wealthy corporations with no special rates for not-for-profit associations like us! As you know we prioritise keeping your annual membership low and the content relevant above all else.

All memberships will automatically renew on the 1st of September. Members who renew will be rewarded with free ABLE rewards points to start off the new academic year, plus 10% discount on the 24-25 annual membership cost. However, if you do not wish for your membership to renew, please email Emma at memberships@able-pro.co.uk before the 1st August 2024.

I'm looking forward to seeing you at our summer conference on 19th June at Eastwood Hall.

Frances Rowland Chair of ABLE











Message from the Director

I am sure this might not come as a great surprise to some of you, but I have recently made the very difficult decision to resign as Director at ABLE.

After many, many years of being involved in this wonderful organisation, I feel that it is time for me to say my fond farewell to you all. You will also know, that this resignation is due to demanding personal issues, as Mick is now on his final journey with his dementia, and I now need to concentrate on my family and put them first... and me somwhere!

Having been one of the original committee members developing Nottingham Bursars Association over 25 years ago, I have seen this wonderful group go from strength to strength over the years, including those difficult times through and post covid. However, I am heartened to see that membership is now increasing again and ABLE is one of the most recognised and successful regional groups in the UK.

Being affiliated with ISBL and the links we have created with the National organisation has been a great asset to us and I would like to thank them for their valued support over the years as well as the many trainers, motivational speakers and presenters we have had the pleasure to provide for you all.

I am incredibly grateful to our business partners over the years and suppliers that have supported ABLE... without them we really wouldn't have been able to function.

I would like to thank you, our members for your unwavering support, camaraderie and dedication to the education sector. We really have made a massive difference over the years and have seen many children (and their children for some of us!) go through our schools with the best Business Management Support they could get!

And finally, the numerous committee members that have supported me over the years your dedication, hard work, creativity and expertise has made ABLE what it is today – THANK YOU!

Farewell my friends – I wish you all the very best, good health and success for the future.

Karen



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Agenda

Wednesday 19 June 2024

Eastwood Hall, Mansfield Road, Eastwood, Notts NG16 3SS

08:30 - 09:00

Registration, Exhibition and Coffee

09:00-09:15

Welcome update and app awards to members from Chair, Frances Rowland

09:15-09:35

Partner Updates- Zenergi, Education Mutual, Breedon, Atom IT

09:35-09:50

Sponsor Presentation-Josh Dean, Audiebant

09:50-10:45

Keynote –Steve Head – Making the boat go faster

10:45-11:30

Refreshments, Exhibition and Coffee

11:30-12:30

Choice of workshops

- Renewable energy, options and cost implications for NET Zero success – Bryan McCourt, Zenergi
- 2. Grant funding for schools Loading the dice to boost your chances of success Justin Smith
- 3. Making the 1% difference how the small things can make a huge difference to you and your colleagues
 - Steve Head

12:30-13:30

Lunch, Exhibition and Networking

13:30-14:15

Keynote: Jo Marchant- Authentic Leadership

14:15-14:35

Tea, complete evaluation, app questions and raffle results

14:35-15:35

Choice of workshops

- 1. Working smarter, not harder Tackling the time thieves! Justin Smith
- 2.The professionalism of school premises staff- Jo Marchant
- 3. Breaking down limiting Beliefs June Brade, SAS

Sponsor

audiebant

The first 25 delegates to arrive at the conference will receive a free copy of The School Premises Handbook courtesy of MAC Construction Consultants

In Partnership With



















This November, get ready for an exciting opportunity.

You can expand your professional network and knowledge at our Extra 'Mini' Conference in Derby.

Designed as a condensed version of our beloved termly conference, this event promises to deliver high-quality Continuing Professional Development (CPD) in just half a day.

Though Frances is diligently finalising the agenda, we want you to know that the conference will maintain the standard of excellence our members have come to expect.

Participation costs £40+vat per person, but we're offering a **special incentive for ABLE members:** bring a colleague from another school who isn't yet a member, and your attendance is on us! Plus if they sign up to be a member you will receive 100 ABLE Reward points and they will receive 50 points to get them started!

This invitation extends to Headteachers as well, providing a perfect chance to experience the enriching ABLE events you are always raving about first hand.

Don't miss this opportunity to support the growth of ABLE, connect with more peers and enhance your professional skills.

Collegence Collegence Points! & 100 ABLE Reward Points!

Who will you invite?



Weight Loss and Nutrition

By Gareth Tattum, SAS Personal Trainer and Wellbeing Coach

When we are looking at Weight Loss and Nutrition, what we eat, how much we eat, and how much we move plays a huge role in our overall health and wellbeing. Nutrition and exercise can be a minefield as there is so much conflicting information, especially in the media and online.

We are going to give you some ideas on how to implement simple daily actions that will help improve overall health and fitness. As creatures of habit, we like routine and do well by following a regimented schedule but when it comes to change or stricter rules we do not do so well.

All foods contain calories which supply the body with energy to expend during exercise and everyday activities, but the number of calories a person needs per day is dependent on their gender, height, weight, and daily activity.

Calories come in the form of three macronutrients which are:

Carbohydrates = Contains 4 calories per gram

Fats = Contains 9 calories per gram
Protein = Contains 4 calories per gram

Weight Loss

To lose weight we must create a calorie deficit, meaning we need to expend more calories than we are consuming on a daily or weekly basis. To achieve healthy and sustainable weight loss it is recommended that we increase activity through exercise and reduce calorie consumption. This enables us to sustainably manage our weight loss goals in a balanced approach.

Fast Weight Loss

Losing weight too quickly can lead to a plethora of negative symptoms, such as headaches, dehydration, energy crashes, irritability, fatigue, dizziness, constipation, brain fog, muscle loss and increased food cravings. This can come from too much exercise and/or not enough calories.

Therefore, it's important that we do both gradually! Steady weight loss is always a healthier option as it allows us to still enjoy our favourite foods which will reduce the risk of overeating or binging when our energy levels crash.

1-2 pounds per week of weight loss is the recommended goal advised by the NHS.

Protein

Many studies have proven that a diet higher in protein can help increase satiety and can help control blood sugar levels. Foods high in protein include lean meat, beans, lentils, nuts, dairy, eggs and tofu. You can also choose to supplement protein if your weight loss goals require it.

Fats

Monounsaturated and polyunsaturated are a preferred source of fats if you want to lower your 'bad' LDL cholesterol and maintain your 'good' HDL cholesterol.. Try to incorporate small amounts of fats from olive or rapeseed oil, nuts, avocados or oily fish.

Carbohydrates and Fibre

Studies indicate that a diet utilising carbohydrates that are higher in fibre is preferred when we are trying to lose weight. This can include whole grains, oats, fruit, vegetables, nuts and seeds. Eating whole foods is suggested as it can also have also help lower blood pressure and cholesterol levels, amongst a multitude of other health benefits.

Navigating the Upcoming Employment Law Changes: A Comprehensive Guide

The year 2023 set the stage for significant changes in UK employment law, with various bills passing through Parliament, ushering in reforms touching on holiday pay, flexible working, TUPE, redundancy protection, and sexual harassment prevention.

As schools gear up for 2024, HR departments and employment lawyers find themselves preparing for the implementation of these changes.

Here's a concise overview of the key reforms set to take effect in schools over the course of 2024:

- 1. Holiday Entitlement and Pay: Reforms include adjustments to carry-over holidays, record-keeping requirements, and calculations for normal remuneration.
- 2. Paternity Leave: Changes allow for greater flexibility in how and when fathers and partners take their leave.
- 3. Carer's Leave: A new statutory right provides unpaid leave for employees caring for dependents with long-term care needs.
- 4. Flexible Working: Employees gain the right to request flexible working from day one of employment, along with other procedural adjustments.
- 5. Redundancy Protection: Extended protections for pregnant employees and those returning from family leave.
- 6.TUPE: Amendments simplify consultation requirements for small businesses undergoing transfers.
- 7. Protection for Workers: New rights for workers to request predictable terms and conditions, and agency workers to request permanent employment after 12 weeks.
- 8. Prevention of Sexual Harassment: Employers will be obligated to take reasonable steps to prevent sexual harassment in the workplace.
- 9. Neonatal Care Leave: Eligible parents can take up to 12 weeks of paid leave when their newborn requires neonatal care.
- 10. Statutory Pay Increases: Increases in statutory payment rates, including the National Living Wage.
- 11. Other Changes: Retained EU law implications and potential political landscape shifts.

As schools prepare to navigate these changes, reviewing contracts, policies, and practices is crucial to ensure compliance. Updating flexible working policies, understanding redundancy protections, and implementing measures to prevent sexual harassment are among the priorities. Additionally, ongoing staff training may be necessary to ensure understanding and adherence to new requirements.

While the employment law landscape continues to evolve, staying informed and proactive will be key for schools in effectively managing these changes. As further developments arise, schools can expect ongoing updates to navigate the shifting terrain of employment law in the education sector.

More info can be found here:

What employment laws are changing from April 2024? (parliament.uk) CIPD Community



They had an amazing 9,067 total sign up of which resulted in 7,290 individual settings for Number Day 2024!

This was a 27% / 21% increase year on year!

Donations have now reached an amazing £322k!!!

We are so delighted that this will help keep children safe.

It's not too early to sign up to Number Day 2025 Number Day 2025 NSPCC

Adults who have a concern about a child can contact the NSPCC Helpline on 0808 800 5000 or through the <u>NSPCC website</u>.

If you're worried a child is in immediate danger, call the police on 999 straight away.

Any young person can contact Childline on 0800 1111 or at childline.org.uk.





FREE ISBL Membership for all ABLE members



Through our the partnership with ISBL, our members can sign up to receive the following ISBL membership benefits in addition to access to the website and a range of free resources:

- ISBL member bulletins directly to their chosen email address fortnightly, termly, and breaking news updates
- Hard copies of the ISBL member magazine, per term, directly to their chosen address
- Access to ISBL PlatformEd community area normally only available to full members
- Access to ISBL news headlines and blogs
- Opportunity to participate or feed into ISBL consultations with the Government

These benefits are offered at no additional cost to our members as they are being subsidised by a small contribution from ABLE but are also heavily funded by <u>ISBL</u> and <u>Barker Associates</u>.

What to do next?

You must opt-in to receive these additional benefits in order that you have agreed for your information to be used by ISBL, and you can select what personal data is shared.

Please click here to sign up



Meet our new Committee Member

Varinka Strong
Business Network Training Coordinator

I am delighted to be joining the ABLE Committee. I have recently retired, after working 25 years in Education and being based in a large primary school in Derbyshire. I started as the school secretary in 1998 and finished as a School Business Manager.

I have seen so many changes and the development of the role of the SBM through that time. The importance of the SBM should never be in doubt and is a vital post in schools to support the ever changing demands that are presented on a regular basis. I, therefore, hope to support fellow school business leaders and help to promote ABLE in the future to expand the network.

Unlocking the Value of School Business Leaders: Making the Case for Fair Pay

In the dynamic landscape of education, the role of School Business Leaders (SBLs) has evolved significantly. Once primarily focused on administrative tasks, the modern SBL is now an integral part of a school's leadership team, often involved in strategic decision-making, financial planning, and resource management. Despite this evolution, the pay scales for SBLs have not necessarily kept pace with their growing responsibilities and contributions to their schools.

Recently, the Association of School and College Leaders (ASCL) and the Institute of School Business Leadership (ISBL) have been collaborating to address this issue. However, while progress is being made, it's crucial for SBLs to advocate for themselves within their own schools. SBLs must be equipped to demonstrate their worth, particularly to Senior Leadership Teams (SLTs), by highlighting the substantial value they bring, especially in terms of the savings they generate for the school.

Creating a Solid Argument

One of the most critical challenges for SBLs today is making a solid argument to SLTs about why they are worth the investment. While ASCL and ISBL are making efforts to standardise pay scales and recognise the growing significance of the role, SBLs must also demonstrate their value within their own school context.

Demonstrating Value

One of the most compelling ways for SBLs to showcase their value is by logging the savings they make for the school. While this is often a hidden aspect of their role, it is an essential one. By demonstrating the financial benefits they bring to the school, SBLs can make a strong case for fair pay. Here are some ways SBLs can show the savings they generate:

- 1. **Efficient Resource Management:** SBLs are adept at managing resources effectively. By negotiating contracts, finding better deals, and optimising resource usage, they can save the school a significant amount of money.
- 2. **Budget Optimisation**: SBLs play a crucial role in budget planning and allocation. By ensuring that resources are used efficiently and identifying areas where spending can be reduced without impacting educational standards, they contribute substantially to the school's financial health.
- 3. **Grant Acquisition:** SBLs often play a vital role in securing additional funding through grants and other external sources. By successfully obtaining these funds, they enhance the school's financial stability and provide additional resources for educational programs and initiatives.
- 4. **Compliance and Risk Management:** SBLs ensure the school is compliant with financial regulations, minimising the risk of fines or legal issues. By avoiding penalties, they save the school money and protect its reputation.

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Unlocking the Value of School Business Leaders: Making the Case for Fair Pay Cont...

- 5. **Strategic Planning:** SBLs contribute to the school's strategic planning, ensuring that financial decisions align with the long-term goals and vision. Providing financial insights and projections helps the school make informed decisions that save money in the long run.
- 6. **Leadership and Team Management**: SBLs are often responsible for leading and managing a team of administrative staff. By enhancing efficiency, effectively managing staff resources, and fostering a positive work environment, they contribute to the school's overall success.
- 7. **Technological Innovation:** SBLs are instrumental in identifying and implementing technological solutions that streamline processes and enhance productivity. By introducing innovative technologies, they can save time and money, making operations more efficient.
- 8. **Environmental Sustainability:** SBLs can contribute to the school's sustainability goals by implementing energy-saving initiatives, waste reduction programs, and other environmentally friendly practices. By reducing the school's carbon footprint, they save money and demonstrate the school's commitment to environmental responsibility.

Conclusion

The role of School Business Leaders is evolving rapidly, and their pay scales must reflect the significant value they bring to their schools. While organisations like ASCL and ISBL are working towards this goal at a broader level, SBLs must also advocate for themselves within their own school context. By demonstrating the savings they generate and the value they bring to the school, SBLs can make a compelling case for fair pay. It's time for SLTs to recognise the vital role of SBLs and to reward them accordingly. Investing in SBLs is not just a matter of fairness; it's an investment in the future success and sustainability of our schools.

For further details about SBL pay, you can visit: ASCL News







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Multi-Academy Trusts

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By securing an Education Mutual membership, a Trust can align themselves with the broader vision of educational reform, promoting a seamless and cohesive shift towards academisation for all schools.

Budget Certainty for Multi-Academy Trusts (MATs)

At Education Mutual, we understand the unique challenges faced by Multi-Academy Trusts to effectively manage staff absenteeism.

Our tailored protection is designed to provide comprehensive support to MATs, ensuring continuity and stability in the education environment.



Collaborative

purchasing





Elevate your absence protection with the power of collaboration by uniting within your Trust to access bespoke pricing options

A Trust has the opportunity to enter into a multi-year deal, reducing the procurement complexities and providing further savings

Allocate your healthcare entitlement to either individual schools within the Trust, or choose to combine your Trust's entitlement.

Contact us:





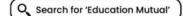




The ethical alternative to Staff Absence Insurance for Schools and Trusts

See what our member schools have to say via our review site











01623 287 840



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Set up by schools, for schools

Unlike profit-driven staff absence insurance companies, Education Mutual operates with minimal management costs to ensure efficiency in our operations.

Your membership contributions actively contribute to the betterment of all member schools and the education sector, without concern of profits being redirected elsewhere. This guarantees that every surplus pound goes directly towards supporting schools.



Health and Wellbeing Services

Becoming an Education Mutual member provides access to a wide range of health and wellbeing services which are all included at no additional cost.

Mental Health and Wellbeing

Our commitment to staff wellbeing sets us apart as a trusted friend to the sector.

Healthcare Services

By tending to the physical needs of staff, these wide-ranging services contribute towards a productive school team.

Occupational Health

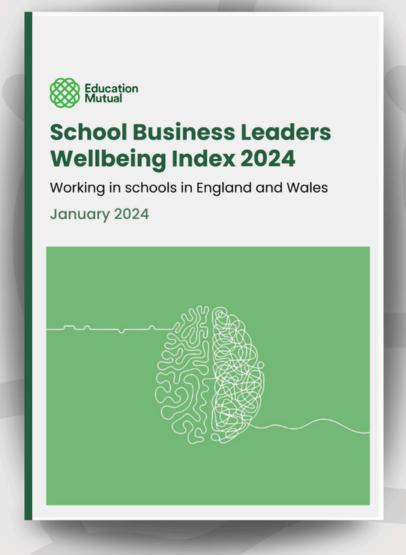
Our Occupational Health offering is a direct response to the needs of our member schools.





School Business Leader Wellbeing Index 2024

This ground-breaking research collectively understands the Mental Health and Wellbeing of SBLs in state-funded schools across England and Wales









Take Advantage of Stable Energy Prices for your Renewals



In recent years, the energy market has witnessed unprecedented shifts, from drastic price drops during lockdowns to the tumultuous 'Energy Crisis' of 2021/2022. Government intervention became essential to support consumers grappling with soaring utility prices.

Fast forward to the present, and the market has experienced a notable calm after the storm. Abundant gas supply, coupled with increased wind generation, has led us back to pre-energy crisis levels. However, this period of respite may be fleeting.

Supply and demand dynamics, a key player in energy economics, are currently in our favour. Gas usage has been lower due to milder weather, and the long-range pricing forecasts are surprisingly only 20-30% higher than historical averages. This is a stark contrast to the staggering highs of 2022 where prices were up over 900%.

Yet, as we revel in this temporary stability, it's crucial to acknowledge the lurking risks that could disrupt this balance:

- Geopolitical tensions: Political uncertainties can trigger supply reductions, for example in liquefied natural gas (LNG) deliveries affected by military involvement in regions such as the Red Sea.
- Seasonal variations: Historically, gas stocks are heavily consumed into spring, potentially leading to price spikes, even in February and March, if colder weather persists.
- Global demand: A sudden surge in Asian demand could introduce competition, impacting global utility prices.
- Unforeseen challenges: Natural disasters, unexpected maintenance issues, and the perpetual 'unknown unknowns' can wreak havoc on the energy industry.





Take Advantage of Stable Energy prices for your Renewals



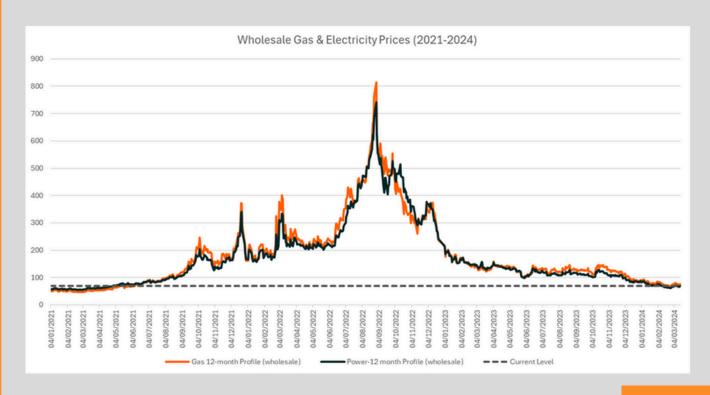
Can you take advantage of the current favourable market conditions?

Our advice focuses not just on the present, but on securing a stable future. While the temptation to delay renewing your contract may be strong, seizing the opportunity now, with prices likely lower than your recent historical averages, is a strategic move. Opting for 2 or potentially 3-year contracts not only provides budget certainty but also shields you from potential rises in 'non-commodity' costs (read our guide here.)

For those hesitant to commit at current market prices, we understand that one size does not fit all. Consider a flexible contract that empowers you to purchase portions of your energy over time, capitalising on market fluctuations. Allow us to monitor the market and make informed decisions on your behalf, tailored to your risk appetite.

ISBL's energy framework, administered by Zenergi, helps you gain control and a greater understanding of your energy costs. The key benefits of using this framework are to encourage choice, information, best value, and simplicity.

Contact us at bepositive@zenergi.co.uk or check out our brand-new website at zenergi.co.uk.





Schools Advisory Service

More Than Staff Absence Protection

Unrivalled support for your Whole School Community.

At Schools Advisory Service, our philosophy is to work with your School or Academy to prevent and reduce staff absence. SAS have developed and provide a range of wellbeing services, complimentary to your cover, that are designed and implemented by our team of experienced inhouse, NMC registered nurses.

As an Educational Leader, you will face high expectations, heavy workloads and emotional demands from your staff and pupils. It is important to put your own mask on first, so you can be in the best place to support your Whole School Community. We deliver real support in real time. Our services also help to meet Ofsted requirements for wellbeing and can be used to help recruit and retain the best staff possible.

Create your wellbeing-focused school culture.

Our Services Include:



Leadership Supervision

We support leaders in implementing a positive wellbeing culture in the workplace, giving you tools for your own resilience and personal growth. Allowing you to thrive instead of just survive.



Unlimited Counselling

Private counselling sessions booked at a time convenient to you. Our counsellors are BACP registered and able to support for a wide range of specialities.



Health Screening Day

Our NMC-registered Nurses will carry out a health screen day at your school, allowing your staff to receive personal, one-to-one nursing time. They can discuss any health concerns, and will complete health checks including BMI, blood pressure and cholesterol.



Pupil Mindfulness

Designed with the intent to meet the Ofsted criteria, and to help support schools in making the most positive impact possible on the wellbeing of pupils. This is where we can make a difference.

If you have any other questions about us or our policies, please contact us

01773 814400

sales@uk-sas.co.uk

schooladvice.co.uk



ABLE Ambassadors

Becoming an ambassador offers an extraordinary and fulfilling experience that surpasses the general advantages of membership.

If you can answer "yes" to these four questions, then you might just have what it takes to become an ABLE Ambassador:

- 1. Are you deeply passionate about the goals and objectives of our organisation?
- 2. Do you possess a minimum of three years of experience in education leadership or business?
- 3. Are you a strong advocate for the education business profession?
- 4. Can you effortlessly connect with others and embody the essence of the ABLE brand?

Remember, being an ambassador requires dedication, time, and a strong commitment to our goals. However, the rewards are plentiful, and your passion for education business management can make this role incredibly fulfilling.

Perks of being an Ambassador:

Personal and Professional Growth: As an ambassador, you'll have the opportunity to represent ABLE at various events, engage with members, and promote the association's mission. These responsibilities will help you develop your communication, public speaking, and interpersonal skills, all of which are crucial for personal and professional growth.

Networking and Relationship Building: Ambassadors have the chance to interact with other influential individuals, including business leaders, educators, and fellow ambassadors. This expanded network can lead to valuable connections, potential partnerships, and collaboration opportunities.

Recognition and Visibility: As an ambassador, you'll receive recognition from ABLE and its members for your valuable contributions.

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Exclusive Events: ABLE may offer exclusive events, gatherings, or training sessions designed for ambassadors. These events provide a unique platform for networking and learning and foster a sense of camaraderie among ambassadors.

Professional Recognition: Being an ambassador for a respected association like ABLE can enhance your professional recognition within the education business communities. This recognition can boost your personal brand, showcase your dedication to education business management, and open doors to new opportunities. It can also serve as a valuable addition to your C.V.

Personal Satisfaction: As an ambassador, you'll experience the satisfaction of knowing you're making a positive difference in an important field—education business management.

Be a voice for ABLE members: Make a real impact for ABLE members. As an Ambassador, you'll have the opportunity to participate in at least one committee meeting per year, where you can provide valuable feedback from members and contribute to shaping the future of our association.

Unlock your benefits: Ambassadors also enjoy a complimentary ABLE membership, free of charge, a saving of £80.

Immersive Training: Gain full training to become an ABLE Ambassador and seamlessly integrate into the association's working practices.

Rewarding Points System: Earn valuable reward points on the ABLE APP for becoming an Ambassador and when you successfully recruit new members.

Exclusive Insider Access: Be the first to know about new projects, developments, and exciting opportunities in the field of education from the industry leaders themselves.

Priority Career Growth: Unlock early access to other ABLE role opportunities, ensuring you have the first pick for career advancement within the association.

Please remember that being an ambassador requires dedication, time, and a strong commitment to ABLE's goals. The benefits listed above, combined with your passion for education business management, can make this role highly rewarding.

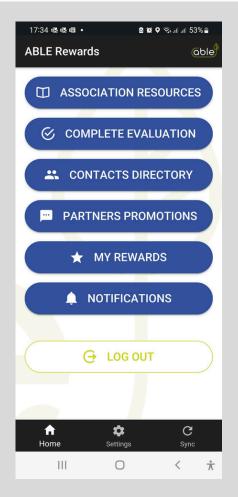








ABLE Rewards App



The ABLE Rewards app is our very own contacts directory and rewards scheme.

The rewards scheme also acknowledges the commitment you show as members by attending conferences and sharing your professional knowledge and expertise.

Our aim with the rewards scheme is for you to be rewarded for the things you already do as ABLE members. You can spend your rewards on treats and gifts.

Don't forget points mean prizes!

If you haven't downloaded the app yet please go to: https://ablepro.info/rewards/ for details.

Are you sociABLE?

Follow us for the latest news and updates







COMMITTEE MEMBERS

ABLE is organised by a committee of volunteer educational professionals and supported by select partner companies as a non-profit organisation, to offer support, training and up to date educational guidance.



Chair Frances Rowland

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Exhibitions & Partnerships Clare Stokes

E: <u>exhibitions@able-pro.co.uk</u>



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Business Network Training Varinka Strong

E: training@able-pro.co.uk



CORPORATE PARTNERS

ABLE memberships are subsidised by the fees paid by our corporate partners and exhibitors. Without them all costs would be passed onto our members.









