MENTALLY WELL SCHOOLS

9 WAYS SCHOOLS CAN IMPROVE TEACHER & STAFF WELLBEING

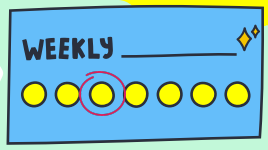
SURVEY STAFF ANONYMOUSLY

What are key stressors from school? What are the solutions? Listen

MINIMISE WRITTEN MARKING

Go for verbal feedback or peer / self-assessment wherever possible.

PROTECTED PLANNING, PREP. & ASSESSMENT TIME



PARENTAL BEHAVIOUR POLICY IF THIS IS AN ISSUE

This includes verbal and physical aggression / abuse.

BE DISCERNING ABOUT ORGANISING MEETINGS

Could this information be effectively conveyed by email instead? Does this person really need to be invited?

SCHOOL COUNSELLOR FOR STAFF TO TALK TO - IF BUDGET ALLOWS

Respect staff wishes if they'd rather not see a counsellor in school / via school though.

IMPLEMENT "NO EMAILS IN EVENINGS OR ON WEEKENDS" POLICY

Decide on the evening cut-off time together. Agree emails to be sent outside these times for emergency / urgent comms. only. ALL staff need to stick to it - even / especially Senior Leadership, to lead by example.

DITCH "FORCED FUN" & MANDATORY WELLBEING ACTIVITIES

They're counterproductive!

CPD TRAINING ON STRATEGIES TO HELP MANAGE & REDUCE STRESS

Check out our evidence-informed "Staff Mental Health & Wellbeing Programme" & CPD workshops!

www.mentallywellschools.co.uk