

## 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.

## 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.

## 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](http://www.mentallywellschools.co.uk)

# WAYS SCHOOLS CAN IMPROVE TEACHER & STAFF WELLBEING

## SURVEY STAFF ANONYMOUSLY

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

## BE DISCERNING ABOUT ORGANISING MEETINGS

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

## 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!

# FORCED

# FUN



# YAY