

Wellbeing for school staff

PRACTICAL IDEAS

Formal Wellbeing Ideas



STAFF PROFESSIONAL DEVELOPMENT

PD for staff wellbeing

- Health checks on site
- Health funds visits to school for personal appt
- Health and exercise opportunities on site. Yoga, meditation, basketball
- Superannuation info sessions
- Vocal specialist

STAFF LEAVE ENTITLEMENTS

- Using **YOUR** leave to support mental health
- **Permission** to value mental health the same as physical health
- **Access to** Psychologist and counsellors as required

PROGRAMS TO SUPPORT ALL STAGES OF CAREER

- **Mentoring** for New scheme teachers
- Opportunity for more mentoring of **end of career** teachers
- Growth Coaching can be used peer to peer at various stages of our careers – training staff

Informal Wellbeing Ideas



**INFORMAL
CONVERSATIONS
TO UNDERSTAND
AND SHARE**

**LEADERS
ACTIONS/
PRACTICES**

**WHAT
NARRATIVE IS
DRIVING THE
SCHOOL
CULTURE?**

Permission to leave work
before dark!

Permission to take your leave

Permission to create balance

Permission to prioritise family

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