

Staff Wellbeing



"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

(World Health Organization 2014)

Mental Health and Wellbeing

Wellbeing encompasses our holistic health, including the physical and emotional. When we have good levels of wellbeing, we feel that life is in balance and that we can generally cope well. We feel motivated and engaged, we're resilient and able to deal effectively with daily troubles, as well as 'bounce back' from life's challenges.

As school staff juggle a multitude of different tasks and demands, especially during the strain of the recent pandemic and current climate challenges, it is important that everyone is given the right emotional and practical support so that they can, in turn, support their pupils.

We hope to share some valuable resources here to support the wellbeing of our staff.

Supporting the Mental Health and Wellbeing of pupils

As a member of staff, if you have any concerns about a pupil, please follow the school's safeguarding policy and procedures.

<https://www.bbc.co.uk/teach/teacher-support/teacher-article-collection/zrhj47h>

Our SLT, SEND team and Trust Family Support Worker will support you with any ongoing interventions and advise you on additional support that children may need.

Please also refer to the guidance and lessons plans for schools on preparing to teach about mental health and emotional wellbeing, published by the PSHE association:

[Mental health \(pshe-association.org.uk\)](https://www.pshe-association.org.uk)