

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT

Slough

RESOURCES

5 - PROMOTING STAFF HEALTH and WELLBEING

The resources, training and sources of support listed below are all produced by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for their staff. ALL TRAINING, RESOURCES AND SUPPORT ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this information sheet or to discuss support for your school or college.

Susan

School Health & Wellbeing Project Officer 07753 316916 susan.dyer@slough.gov.uk

INFORMATION, ADVICE and GUIDANCE for a WHOLE

SCHOOL APPROACH

ANNA FREUD CENTRE

A guide for school staff to look after their own and colleagues' wellbeing during periods of disruption

A guide for school leaders on promoting staff wellbeing

10 steps towards staff wellbeing

DEPARTMENT FOR EDUCATION Reducing school workload

EDUCATION SUPPORT PARTNERSHIP

VIDEO: Bereavement & its impact on education staff

Resources for supporting teacher wellbeing

BLOG: The impact of Covid-19 on staff mental health & wellbeing and what support is available

IRIS CONNECT

ARTICLE: How to support your teachers' wellbeing through a pandemic

NSPCC

PODCAST: The impact of Coronavirus on school staff and pupils

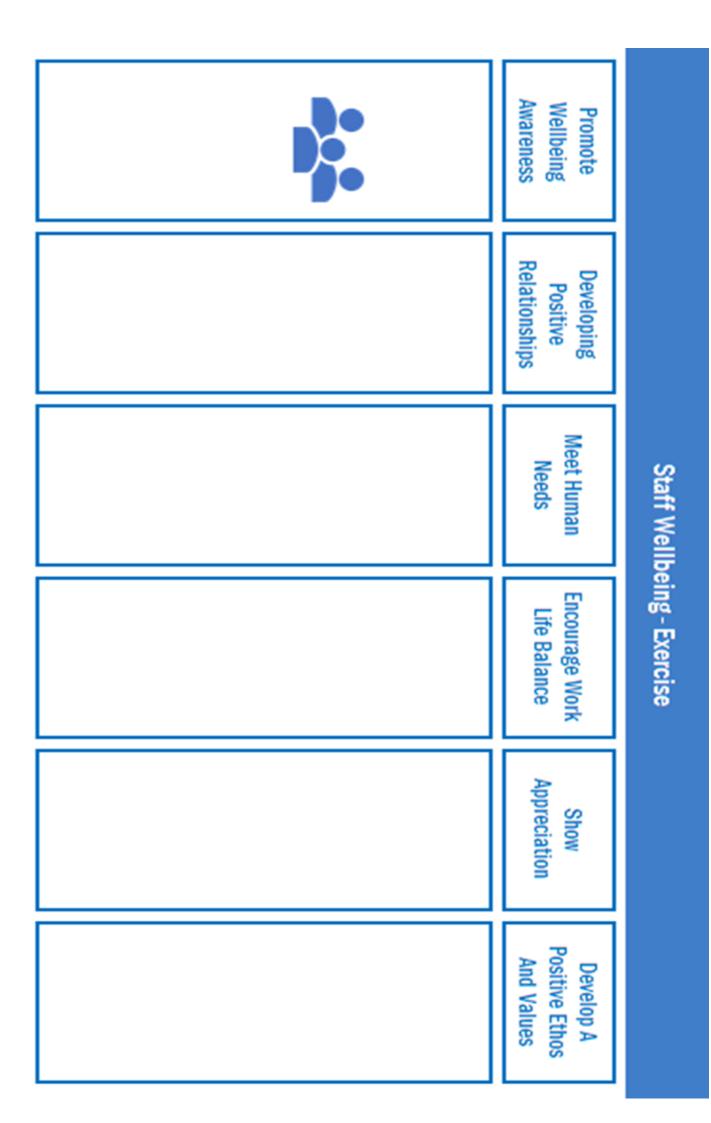
THE KEY FOR SCHOOL LEADERS Supporting staff through illness & bereavement

Supporting staff who are grieving

WELLBEING FOR EDUCATION RETURN Wellbeing planning exercise – please see below.

YOUNG MINDS

Caring for the wellbeing of teachers and school staff





Slough Schools Mental Health Workshops

Buckinghamshire Mind has been awarded funding to deliver FREE mental health awareness workshops across 10 schools in Slough, during the academic year commencing September 2020.

We are offering this free package to schools without a Mental Health Support Team.



If you are interested in taking part in this project or would like to find out more information, please email alice.moody@bucksmind.org.uk.

Our package:

- 5x workshops (2-hours) for students, with a choice from a range of mental health awareness topics
- 'Youth Mental Health Aware' online course (4 hours) 4 members of staff can attend, virtual training
- 2x staff workshops (2-hours) supporting staff mental wellbeing



