

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT 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](#)

Staff Wellbeing - Exercise

Promote Wellbeing Awareness	Developing Positive Relationships	Meet Human Needs	Encourage Work Life Balance	Show Appreciation	Develop A Positive Ethos And Values
					

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



