

## 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

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## INFORMATION, ADVICE and GUIDANCE for a WHOLE SCHOOL APPROACH

### LOCAL

#### **SLOUGH BOROUGH COUNCIL - SCHOOL HEALTH & WELLBEING PROJECT**

[Education Staff Wellbeing - web page](#)

#### **SLOUGH BOROUGH COUNCIL- INTEGRATED SUPPORT SERVICE: EDUCATIONAL PSYCHOLOGY TEAM**

Educational Psychologists run Solution Circles for staff focusing on particular difficulties faced in their roles e.g. anxiety amongst students. The service also deliver training on a needs based approach responding to individual need, specific requests and context within schools e.g. staff wellbeing. Educational Psychologists are trained to deliver PPEP Care core modules.

[Integrated Support Service](#)

#### **EAST BERKSHIRE CCG (NHS)**

[Children & young people's mental health training for professionals and volunteers](#)

This document includes online courses about education staff wellbeing.

#### **BERKSHIRE HEALTHCARE NHS FOUNDATION TRUST**

The Education Mental Health Support Team offer staff wellbeing support and workshops to their allocated schools:

[Mental Health Support Team \(MHST\) and Getting Help Service](#)

### NATIONAL

#### **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](#)

**HEALTH & SAFETY EXECUTIVE (HSE)**  
**GUIDANCE: Preventing Work Related Stress in Schools**

**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**

**SELF CARE**

**SLOUGH BOROUGH COUNCIL - SCHOOL HEALTH & WELLBEING PROJECT**

**Education Staff Wellbeing Self Care Guide**

**BUCKINGHAMSHIRE MIND**

Workshops on pupil and staff wellbeing offered to non MHST schools in Slough. For further details please see the flyer below.

  
Buckinghamshire

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.moodu@bucksmind.org.uk](mailto:alice.moodu@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







## Staff Wellbeing - Exercise

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



Buckinghamshire

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