

Fostering the wellbeing of your teachers and team

Focusing on wellbeing in the classroom has a positive impact on teachers too (bonus!) but with a significant-workload and other responsibilities to juggle, it's vital teachers are supported to look after themselves day-to-day.

Ian Vickers is doing a wonderful job of championing teacher wellbeing in New Zealand and he's created some fantastic resources to help. Rather than reinvent the wheel, we're drawing from his well-researched and easy-to-use work. (Thanks Ian!)

[Here's a little bit about what he has to say.](#)



GUIDE TO GETTING STARTED:

- Set up a 'Wellbeing Committee' including your principal, Board of Trustee members (both are critical to this work), and people who are keen on promoting Wellbeing as a part of the school culture.
 - Have a look through the [amazing ideas](#) Ian and some other of your peers have put together and compile these into weekly wellbeing recharges. Or to save some time, check out Ian's [term-by-term version](#). Make it fun and try to ensure you've got lots of variety – easy, simple things one week and perhaps something more challenging the week after.
 - Consider putting out an anonymous pre-evaluation to check in and see:
 - o how staff are doing
 - o what do they do now to look after their wellbeing
 - o what they know about wellbeing
 - o whether they'd be keen for the school to put a wellbeing programme in place specifically for teachers (this may give you some influence when it comes to the next point!)
 - Put a budget in place with the support of your principal and finance staff. If needed, use [this video](#) to help explain the story.
 - It's also worth talking about the benefits of connecting. The best place for this to happen is the school staffroom, so if you've noticed it's no longer the 'cool' place to be, suggest a little spruce up to encourage staff to hang out there more often. [This clip](#) may help.
 - Play to your team's strengths, and ask staff members to lead different activities, e.g. the teacher who loves to laugh could lead Laughter Week!
 - Plan the roll out and your key messages, and start getting the word out to all staff – make this fun, colourful and exciting. (Teachers are so good at that!)
 - Keep meeting as a Wellbeing Committee regularly.
 - Consider completing regular evaluations – perhaps each term. This will give you new ideas, valuable feedback and some really interesting evidence you can use to show the usefulness of the programme.
- Oh, and please let us know how you're getting on!! We'd love to hear your stories!