

# Supporting Staff Wellbeing in Schools

Staff wellbeing is of critical importance to schools, and whether you want to focus on your own wellbeing or are looking out for your colleagues, you will find information, guidance and support in this course. It considers the meaning of wellbeing, its impact on individuals and the workplace, common mental health issues and the causes of work-related stress. The course also explores what positive staff wellbeing means in practice, and how you can help to create it for yourself and your school.



## Course details

- Two modules with two multiple-choice questionnaires
- Two CPD credits\*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

\*1 CPD credit equals up to 1 hour of learning

## Course content

### Module 1

#### Mental Health and Wellbeing

The meaning of mental health and wellbeing.

- Good mental health and wellbeing: more than just an absence of illness
- Five ways to wellbeing:
  - Connecting
  - Being active
  - Taking notice
  - Keeping learning
  - Giving

The cost of mental health problems.

- Staff turnover, sickness absence and reduced productivity
- Costs to schools and individuals

Common mental health problems.

- Depression, anxiety and stress: factors and symptoms
- Other mental health conditions

Work-related stress.

- What defines work-related stress
- The causes of work-related stress
- The effects of work-related stress

### Module 2

#### Creating a Culture of Positive Staff Wellbeing

Taking a holistic approach.

Keeping yourself healthy

- Suggestions for keeping healthy, in and out of school

Supporting colleagues.

- The stress vulnerability bucket: a model to explain how stress can build up and be relieved
- Breaking the stigma: creating an open and supportive environment

Senior leadership teams and governing bodies.

- Responsibilities under the Health and Safety at Work Act
- How SLT can make a difference
- The expectations of Ofsted and Estyn

Scenarios.

- Scenarios describing situations where staff wellbeing is at risk, encouraging reflection on the material covered by the learning

Signposting support.

- Organisations and websites offering advice and support

## This course is suitable for

Anyone working in any role in schools with an interest in their own wellbeing and that of their colleagues. There are specific references for senior leaders and governing bodies.

# Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning
- Scenarios to embed learning and help transfer learning back to real life.

# Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



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## Mental health and wellbeing 1

**What is wellbeing?**

The Five Ways to Wellbeing model looks at different components of wellbeing. To achieve wellbeing an individual needs success in each of the elements, and they are all equally important.

Click the icons below to read a description of each element. Think about how fulfilled you feel for each element, and what else you would like to achieve.

**Connect**  
Making time for relationships with friends, family and colleagues and elsewhere within your community.

Type here anything else you would like to achieve.

Click to rate how fulfilled you feel for this element.

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## Senior leadership teams and governing bodies 4

In addition, senior leadership teams should:

- Have policies and procedures in place to reduce the risk of work-related stress.
- Carry out staff wellbeing audits.
- Ensure at least one governor has mental health training.
- Offer external confidential support services.
- Ensure parents are informed about how to contact teachers or members of staff and when.
- Manage expectations around sending and responding to emails.
- Make sure staff get breaks.
- Support flexible working.
- Promote work-life balance for all staff.

**Lead by example.**

1 2 3 4 5 6 7 8 9 10

## Q8

Select one option.

Should you also be concerned about your colleague's circumstances outside of work?

Yes, events outside work might be having an impact on their ability to cope at work

No, events outside are not considered to be work-related stress

# Why choose us?



“ The EduCare training modules include a wide variety of sources of information and a very current view of the issue. They are the fastest and most thorough way of accessing information for myself or my team. ”

**Alexandra Ihringova**  
Student Support Coordinator  
Burntwood School

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