

# Ideas to support teacher wellbeing



## Positive affirmations

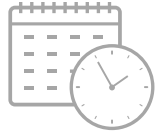
- Acknowledgment of efforts
- Teacher gratitude jar
- Buzz of the week - thank you notes
- Gratitude board
- Staff shout outs
- Teacher of the week

## Processes



- Daily check-in
- Buddy system
- Debriefing sessions
- Principal's open door policy
- Pulse checks from executive
- Maintain a non-meeting week
- Increased RFF for collaboration time
- Fortnightly wellbeing focus for all school meetings
- Support for PD and workshops
- Outdoor meetings

## Calendar events



- RU OK? day
- School wellbeing week
- Staff wellbeing week
- Birthdays: buddy system, desk decorations, special hat
- Secret Santa present from Op shop

## Social events



- Social clubs
- Morning teas
- Coffee van visit
- Staff dinners / breakfasts / lunches

## Counselling



- Employee Assistance Program (EAP) Counsellors
- Telephone support access
- School chaplain/ pastoral care

## Wellbeing



- School Wellbeing Committee
- Staff area for puzzles & painting
- The Flourish Movement
- Strong Minds/ Smiling Minds Program



## Physical activity

- Walking club
- Fitness club
- After school exercise / sports activities
- Subscription to online fitness program
- Fitness Passport
- Walking meetings
- Lunch break strolls

- Staff wellness bulletin
- Staff wellbeing devotions each morning
- Staff art therapy program
- Mindfulness activities
- Create an outdoor quiet space for teachers only
- *Being Well on NSW DoE website*

For more information:



<https://www.islhd.health.nsw.gov.au/services-clinics/health-promotion>



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