

# Classroom Companion

## Wellbeing



### Your School

How are you as a school supporting your teachers?

Discuss in your staff meeting what small adjustments can be made to ensure mental wellbeing is paramount.

Is it ensuring teachers get a break during assemblies? Is it to set boundaries and allocate only an hour to staff meetings?

### Task

Look at your hobbies. Do you have any? Decide on something you enjoy doing and ensure you give yourself that quality time each week. It may be playing netball, football or going to a book club.

Carve time into your diary to make sure it happens.

### Recommended Reads

This book explains how wellbeing is essential to effective teaching, and gives teachers practical tools to take back control of the classroom.



Teacher Wellbeing and Self-Care by Adrian Bethune and Emma Kell

### Key People

Watch a TEDTalk with Kelly Hopkinson on wellbeing within teaching.



### Resources



Click the link

Use NASUWT's Toolkit to assess yourself.

### Facts

More than three-quarters of teaching staff surveyed reported experiencing mental health symptoms linked to their work, including high levels of anxiety, depression, stress, and burnout.

By using Tonic's videos on wellbeing, we can give you strategies to support your mental health.

### What does the EEF say?

The EEF has conducted research focusing on teacher workload and its impact on wellbeing. In a 2023 practice review, the EEF examined current practices for managing teacher workload. The review emphasises that reducing workload can improve teacher wellbeing and retention, noting that teachers often spend extensive time on tasks like marking, which may not directly impact pupil attainment.

### What does the DfE say?

The DfE has developed resources to support staff wellbeing and workload reduction. The "Improve workload and wellbeing for school staff" platform offers a collection of resources contributed by school leaders, sharing experiences and strategies for enhancing staff wellbeing.