



# WELLBEING GOVERNORS

GOVERNORS **FOR** SCHOOLS

## Mental Health and Wellbeing Webinar.

### How and why school governors should support staff mental health and wellbeing – a summary

Follow the Wellbeing Governors campaign throughout the year, where we'll be releasing content and resources including more webinars.

#### **Sinéad Mc Brearty, CEO of Education Support**

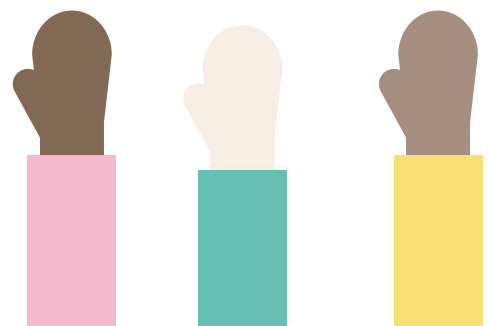
- A link to the [Wellbeing Index](#)
- Sinéad has written a blog for Governors for Schools that will be published later in the term. You'll be able to read this on our [website](#).
- Find more information about Education Support on their [website](#)
- Education Support is on Twitter [@EdSupportUK](#)

#### **Michael Eggleton, Head teacher, Charles Dickens Primary School & Nursery, London**

- Four questions to consider:
  1. What systems are in place to measure wellbeing?
  2. What is the impact of the school's wellbeing offer?
  3. Is it value for money?
  4. Does it impact pupil outcomes?
- Read a recent [blog post](#) Michael wrote for the DfE on how his school tackled staff wellbeing
- Michael is on Twitter [@Michael\\_cdps](#)

#### **Linda Unternahrer, Senior Content Editor, the Key for School Leaders**

- Respect staff and SLT time, their expertise and experience, and honour their work and commitment to children
- Take a look at the [DfE's resources](#) to help governors and trustees reduce teacher workload in their school
- The Key is a subscription service, however a number of [key materials](#) are available outside the paywall. Remember that governors placed by Governors for Schools have free access to all materials for 12 months.
- Contact Linda at [linda.unternahrer@thekeysupport.com](mailto:linda.unternahrer@thekeysupport.com)
- Read more about The Key and the support they offer on Twitter [@TheKeySL](#) and on their [website](#)



## Mark Solomons, CEO of Welbee

- Understand the benefits that will come from a focus on staff wellbeing and make it a board priority. Ensure the behaviours of board members and school leaders back up any words spoken (actions not simply words).
- Ask for a report on staff and their wellbeing at a termly meeting. Focus on school data, as well as management feedback, to identify possible trends and areas for focus.
- Ensure you use existing schools systems and data when collecting this, wherever possible, to reduce any workload on school staff.
- Consider using a staff survey for independent evaluation (use a third party if you can) and one that is evidence built, independently evaluated and benchmarked. It has to be owned and run by the senior executive team and not governors).
- Set staff wellbeing goals (what will success look like) and ensure actions are added to the school development plan and progress is tracked.
- More information, including various articles on the topic, can be found at [welbee.co.uk](http://welbee.co.uk)
- Email [support@welbee.co.uk](mailto:support@welbee.co.uk) and Twitter [@WelbeeUK](https://twitter.com/WelbeeUK)

[www.governorsforschools.org.uk/wellbeing-governors/school-staff-wellbeing](http://www.governorsforschools.org.uk/wellbeing-governors/school-staff-wellbeing)

