**Conference Welcome with Wellbeing governors: Q&A responses**

Please see below for a list of questions asked at the ‘Conference Welcome with Wellbeing Governors’ session of the Governors for Schools Conference 2022, on Tuesday, 27th September from 8am – 9am.

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| Is wellbeing not part of the ethos that the headteacher buys into? | Andy Mellor responded:  Absolutely. It needs to be whole school and if anything heads need to be enabled to support this culture and ethos. |
| What was the name of the book? | Wellbeing in Schools by Andy Hargreaves - which can be found at: <https://www.amazon.co.uk/Well-Being-Schools-Forces-Students-Volatile/dp/1416630724> |
| As you've said, good individual wellbeing is driven by different factors for leaders and pupils. With this in mind, what are your thoughts on how best to track progress? Is pupil happiness (self-defined) a good place to start? | Andy Mellor responded:  There are software tools available to track positive movement right through to surveys and audits drawing on personal impact. |
| You referred to a document governors can use to enhance staff wellbeing. Where can I find it? | Andy Mellor responded:  The School Leader Thriving programme is a Schools Advisory Service (SAS) tool. If you are an SAS absence insurance school, it is yours for free.  [School Leaders Thriving Programme - Schools Advisory Service (schooladvice.co.uk)](https://schooladvice.co.uk/school-leaders-thriving-programme/) |
| Delegate recommendation | [Action for Happiness](https://actionforhappiness.org/) is another organisation I would recommend. They create a monthly calendar with a different theme each month, with daily tips to reflect on - https://actionforhappiness.org/ - September’s is self-care! |