

BPSI COLLECTIONS

Supporting Staff Wellbeing

Staff wellbeing is key for whole school mental health and wellbeing, and has a number of benefits, including:

- Positive impact on pupils' wellbeing and improved educational outcomes, as both staff and pupils are more engaged
- Increased performance and productivity
- improved job satisfaction, motivated staff who feel valued and supported
- Reduced absence from work (both short and long term) and lower staff turnover
- Staff are able to better manage stress and develop healthier coping strategies

Teacher wellbeing, work performance and student wellbeing are not mutually exclusive! Take a strategic, informed approach to meet the true needs of your staff.

BPSI School Support & Training

- 1. Work with member(s) of the Senior Leadership Team** to review current position including option of running a staff wellbeing survey (and/or completing a wellbeing audit), interpretation of results and development of school-wide action plan to address issues identified.

4 - 6 BPSI hours

- 2. Support Action Plan Implementation**

Following the development of a whole school wellbeing action plan, ongoing support which could include:

- Support for SLT around their own wellbeing and stress management strategies
- Working with an implementation working group
- Monitoring implementation and impact of action plan
- Signposting to further resources

4 - 12 BPSI hours (depending on extent of support requested)

- 3. INSET for School Staff**

Liaison with the school to prepare and deliver bespoke training on staff wellbeing

Options for INSET include

- Framework for staff wellbeing
- 'Quick Wins' and promoting wellbeing
- Stress management
- Development of individual action plans

4 - 6 BPSI hours

All of the above options can be tailored to meet the specific needs of the school/setting

CONSULTANT(S)

Tania Barney

PRICES

BPSI Schools

- See items for guide to number of hours

Non BPSI Schools

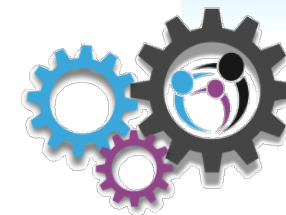
- Contact BPSI Support Team

This is an approximate guide to the BPSI hours needed but is flexible and dependent on the school's needs.

CONTACT

For further information, please contact the BPSI Team on 020 8359 6325

Bels.training@barnet.gov.uk

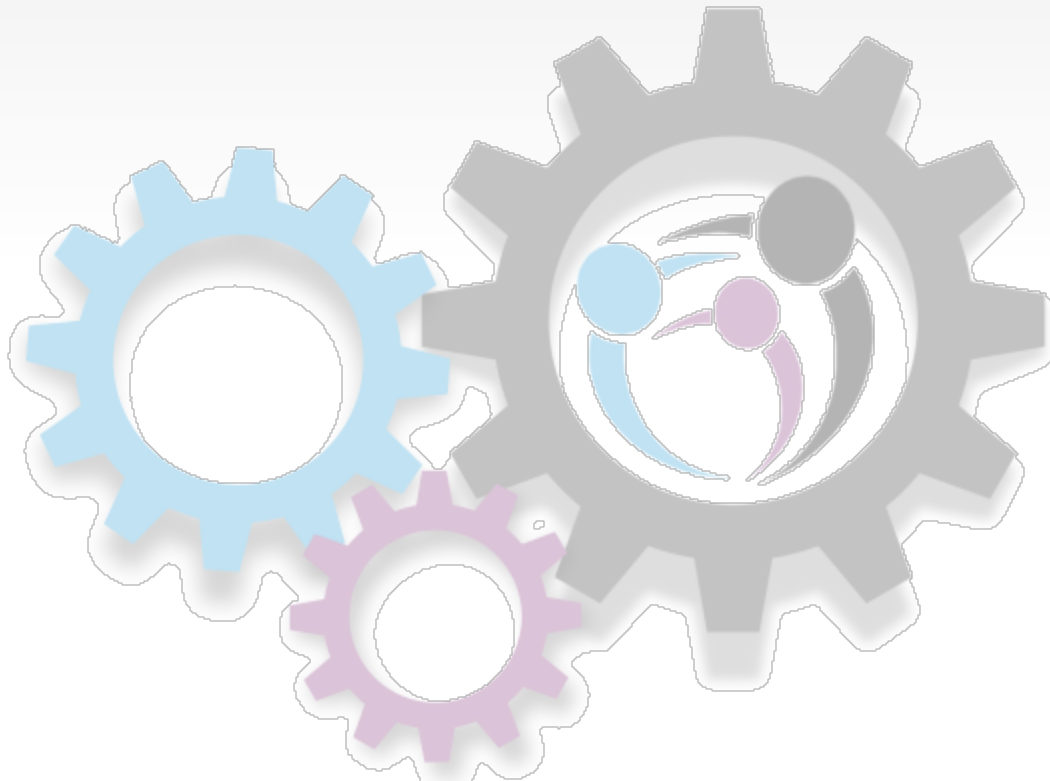


BPSI
Barnet Partnership for
School Improvement

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4. **Central Training** – session titled “Supporting Staff Wellbeing” is offered each year and covers both a whole school approach, as well as individual strategies for stress management



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