

# 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)

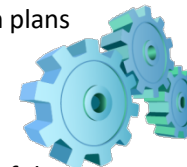
### 3. INSET for School Staff

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

- Standard programme – xx BPSI hours (including prep time)

#### 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](mailto:Bels.training@barnet.gov.uk)

# BPSI

Barnet Partnership for School Improvement

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## Supporting Staff Wellbeing

- 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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