

Ideas to support teacher wellbeing

Examples from Western Sydney & South Eastern Sydney primary schools

Positive affirmations



- Acknowledgment of efforts
- Teacher gratitude jar
- Buzz of the week - thank you notes
- Gratitude board
- Staff shout outs
- 'You've been mugged; pass the mug on'
- Positive notes

Physical activity

Walking club

Fitness club

After school exercise / sports activities

Subscription to online fitness program



Social groups / events



Social clubs

Morning teas / coffee van visit

Staff dinners / breakfasts / lunches

Processes

Daily check-in

Buddy system

Debriefing sessions

Principal's open door policy

Pulse checks from executive

Maintain a 'non-meeting' week

Increased RFF for collaboration time

Fortnightly wellbeing focus for all school meetings

Support for PD and workshops



Calendar events

RU OK? day

School wellbeing week

Staff wellbeing week

'Happy week' each term



Counselling

Employee Assistance Program (EAP)

Counsellors

Telephone support access

School chaplain/pastoral care



Wellbeing strategies

School Wellbeing Committee

Staff area for puzzles & painting

The Flourish Program

Strong Minds/ Smiling Minds Program

Staff wellness, wonder, wisdom bulletin

Staff wellbeing devotions each morning

Staff art therapy program

Mindfulness activities

Daily prayer



SOURCE: 2020 *LIVE LIVE WELL @ SCHOOL* SURVEY OF PRIMARY SCHOOL TEACHERS IN WESTERN SYDNEY & SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICTS

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