

North West Gloucestershire NEWENT School Wellbeing Ideas from Illuminate Training Autumn 2019

For HEADTEACHERS	For GOVERNORS	For STAFF	For CHILDREN	For PARENTS
Time for me - gym and family	Time to talk	Choose availability for parents evenings	Time to play	Time to talk
Short written notes of thanks or appreciation to staff and SLT from Governors / LAB	Take time to say thank you, write a card, acknowledging their time /service/ willingness to help etc.	Time for family events	Emotional thermometer	Support when needed
An evening of a week not answering emails	Pray always sometimes its general for whole school but sometimes it's pointed for child, staff or families.	Open door	Time to talk	
	Sweeties at Governor's meetings.	Ensure we cover so staff can attend their children's concerts	The Good Book to record things that have happened	
		Teachers can have a day off their choice if they are doing an after school club	Use worry eaters to keep children's worries	
		Pub club	Use bubbles to blow away their worries	
		Time to talk	Prayer stations around school	
		Pilates	Children write 3 positive things about their day, in a journal, before they go home.	
		A tub of chocolate in the staff room	Held an afternoon tea in which children shared things that made them happy with their families	
		MOT Health check for staff by NHS nurse	Yoga sessions for children and adults	
		Teachers are given subject leader non-contact time for when they have things to work on for their subject	Reflection areas include mindfulness exercises in each class. Buddying system.	
		Cups of tea brought round in the morning, cakes in the staffroom, bacon sandwiches made for staff, staff get-togethers and social events	Acknowledge/ appreciation group - saying thank you	
		Staff shout out board. Staff thank and praise each other	Reflection room	
		Trained staff - Emotional Literacy Support Assistant (ELSA)	Drop in time to pastoral room during lunchtime with SLT member	
		Ensure that they can attend their children's sports days etc.		
		INSET in September was about Staff Wellbeing, getting to know each other's ways to relax		
		PPA choice - at home or in school. Trained staff to remove notifications on emails		
		Take time to celebrate things that are going well. Make everyone feels valued no matter their role?		
		Email expectations - only email send/reply during the working day		
		Trained staff about setting up "out of office" rules on email		