

South West Gloucestershire School Wellbeing Ideas from Illuminate Training Autumn 2019
DURSLEY

HEADTEACHERS	GOVERNORS	STAFF	CHILDREN	PARENTS
Support network via cluster and DGAT groups	Regular thanks	Mental health first aid for staff and pupils	Weekly yoga	School family worker
Allowed in the staff room (included)	A sincere welcome	School family worker	Therapeutic story writing sessions	
SLT included in buddy system etc. alongside other staff	Tell them what a good job they are doing (as appropriate)	Summer BBQ and Hot Tub	Mental health first aid for staff and pupils	
More money - staffing adequate so not covering as much	Empower - giving them to courses/ time out / in!	Park run group	Reflection area at lunch times (inside and outside) with mindfulness/ prayer tree / calm activities	
Focus for HT for the year e.g. coaching CPD out of school	Cheese and wine evening	Buddy system for support / looking out for signs of stress / little lifts	Dedicated nurture worker - available for children and parents	
Be patient with SLT - They have a much wider overview	Thank them appreciate the time they give! Be welcoming	Team meetings with opportunity for discussion on workload	Mini marines, time to shine, Build Self Esteem	
Encourage to attend Quiet Day	Governor socials	Buy in to OH services via insurance policy	Termly (3 X a year) Mindfulness workshops	
Retreat days, wellbeing walks, coffee with Governors	Support from Headteacher	Weekly agenda for Wellbeing acknowledgements in briefings	Values 'treats' for values champions weekly	
Talk to Head Teachers - support and listen, encourage and praise.	Allow them to share in wonderful lesson so they feel proud	Cover when possible for personal things e.g. Christmas CWs	School family worker	
Offers of help, listening, mediating with parents	Training, cake, support, buddy, saying thank you, induction, communication	Finish SM on Time!	Weekly art therapist visiting some children	
		Ice cream on the Common	Weekly counsellor available	
		Redecorated staff toilets - calm!	Wendy time	
		Friday lunch - shared meal	ELSA trained staff	
		Resources in toilets to enhance well being	Reflection room	
		Nurture space	Spaces of prayer and reflection	
		Prayer spaces	Zones of regulation	
		Time off to attend own children's events	Daily reflection time is very important	
		Assign a mentor to every member of staff	Consistent approaches so children feel secure	
		A culture where everyone feels valued and listened to.	Stillness time values storytelling prayer space - SATS	
		Praise!		
		Listen to concerns support encourage.		
		In staffroom we have a positivity staff board to write comments		
		Listening, being available, treats, thank yous, offers of help		