**7 Tips for Improving Staff Wellbeing**



1. Aim to leave school on time at least one day each week. There could be an agreement that everyone leaves within 30 minutes of school finishing on a Friday.
2. Decide on a minimum amount of time that you will have away from your desk for your lunch break each day -and stick to it! Ensure you leave the classroom and give yourself a change of scenery.
3. Have a ‘Friday Fuddle’ on the last Friday of each month, or if preferred, the end of each term. Everyone could bring something tasty to share over the lunchtime and staff can spend some time socialising together.
4. Find ways to improve workload, such as shared planning in the Key Stage or subject area. It can really help to have someone else at school to share responsibilities with and to discuss new ideas.
5. Set up a random acts of kindness challenge for staff. Everyone puts their name in a pot and then each member of staff gets to pick a name out. You must keep your chosen person to yourself and find little ways to do random acts of kindness for them over the term. This creates such a feelgood feeling for everyone. Who doesn’t like to be surprised with kindness from someone when they weren’t expecting it?
6. Have a whole school dress down day on the last day of each term. Everyone can bring a small contribution to a chosen charity for the privilege. Parents will know to expect it, children will enjoy it and staff can feel more relaxed for the day!
7. Have strict rules about how much of your time outside school will be dedicated to your school workload. If you are not getting enough time for your family, friends and yourself, it’s time to re-evaluate how you are working.