

OCTOBER 2024

STAFF WELLBEING NEWSLETTER



DEVELOPING HEALTHIER, HAPPIER EDUCATORS

Monthly Newsletter



This month's wellbeing edition is a focus on: **World Mental Health Day - Promoting Well Being**

World Mental Health Day on 10th October reminds us of the importance of mental wellbeing within school communities. Connecting with colleagues, pupils, and family can foster a sense of support, while regular physical activity helps reduce stress and uplift your mood.

Maintaining a healthy routine with balanced meals and consistent sleep is crucial for emotional wellbeing.

Let this day remind you to prioritise your mental health every day by building positive relationships and adopting healthy habits to thrive in the classroom and beyond.

Top Tips

- Stay Connected: Engage with friends and family.
- Exercise: Boosts mood and reduces stress.
- Mindfulness: Practice meditation or deep breathing.
- Set boundaries
- Seek Help: Share concerns early.

"Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity."

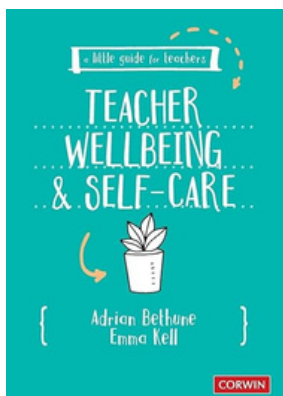
USEFUL WEBSITE

Mental Health and Wellbeing - Teaching Resources - This useful website from the BBC will help with teaching resources

To support your class and promote the importance of mental wellbeing we've created this collection of resources for use with both primary and secondary students.



BOOK OF THE MONTH



Teachers can't teach effectively if they're demotivated and exhausted; and they shouldn't they have to! A Little Guide for Teachers: Teacher Wellbeing and Self-Care explains how wellbeing is essential to effective teaching, and gives teachers practical tools to take back control of the classroom.

USEFUL PODCAST OF THE MONTH

 **PODCAST**

Podcast 102: Teacher Anxiety, Stress and Mental Health

