

NATIONAL INSET DAY HOSTED BY GREENSHAW LEARNING TRUST AND THE ALLIANCE FOR LEARNING

Nothing is more important than your own wellbeing

We all have mental health, just as we all have physical health. Mental ill health can strike at any time and can affect people from all walks of life.

The pandemic of Covid19 has resulted in higher levels of stress, anxiety and other mental health concerns for students, staff, parents and carers.

Colleagues in education are often relied upon to help protect the mental health of children and young people, as they can spot subtle changes in behaviour. So, if we want to be able to support our young people, we must first put our own oxygen mask on.

Many teaching and support staff are also experiencing the biggest change in their routine they will ever face and countless are dealing with their own feelings of loss, whether that's grieving a loved one, or facing the reality of a loss of their own structure and routine

Before Coronavirus, the mental health of young people was starting to get the attention it deserves but with demand likely to increase, we need to maintain momentum. That means helping educators be confident in focusing on early intervention when it comes to mental health. We are still in the early days of understanding the potential long-term impact of the pandemic on children and young people.

Our programme of training takes a holistic approach to dealing with some of the matters that each group will face due to the Coronavirus pandemic, including:

- Increased levels of anxiety.
- Facing loss or bereavement and grief.
- How to encourage positive wellbeing and practice self-care.
- How to identify, understand and help someone who may be experiencing a mental health issue (from a whole-school perspective).
- Understanding how transitions may impact on students and how we can help them settle back into school.
- How to validate children and young people's emotions and use behaviour management strategies to create opportunities for long term-solutions for wellbeing and resilience.

For more information please visit: <http://allianceforlearning.co.uk/cpd/mental-health/>

OUR WEBINAR SERIES

PE and Wellbeing [watch >](#)

PE and Leading Change [watch >](#)

PE and Inclusion [watch >](#)

PE and Global Perspectives within Education [watch >](#)

Transition from home to school learning and curriculum planning for PE

[watch primary >](#) [watch secondary >](#)

PE post COVID-19 curriculum development for life-skills and wellbeing [watch >](#)

Curriculum Mapping [watch >](#)

Reframing competition post COVID-19 [watch >](#)

Primary PE and Sport Premium [watch >](#)

We also have a range of Podcasts [available](#): (scroll down to the bottom of the page for direct access)

BUPA FOUNDATION AND WELLBEING FOR EDUCATORS

Wellbeing for Educators is a free, evidence-based wellbeing programme for schools from the Bupa Foundation. It offers everyday tools to help manage your energy levels, particularly when life gets tough, and practical ways to support an improved wellbeing culture in your school.

A 90-minute online Wellbeing for Educators workshop will help you to:

- Raise self-awareness about what's affecting your energy and wellbeing.
- Understand how you treat your body affects energy, with tools to keep a positive mindset.
- Identify simple ways to manage your energy every day with a personal action plan.

[Please click here to find our more.](#)

You can also [watch this short video](#) with schools sharing how they've benefited from the programme.



WELL SCHOOLS

Vision for Well Schools

Well Schools aims to help improve education outcomes by placing wellbeing at its very heart to support school staff, senior leaders and young people. It isn't a programme, quality mark or intervention; it's all of us coming together to drive change, share challenges and solutions and help find support.

What is a Well School?

A Well School places just as much emphasis on wellbeing as it does on academic performance. It understands that children and young people are more effective learners when they are happy and well and that they must take care of their staff and their pupils wellbeing to create a culture that allows everyone to reach their potential.

Why Well Schools?

- Wellbeing impacts on student's self-belief, aspirations and learning.
- Teachers wellbeing underpins great teaching.
- Wellbeing in schools can be a reaction to poor wellbeing rather than the promotion of positive wellbeing.
- Environmental and social changes affecting young people's physical and mental development demand different approaches to education.
- The changing world demands broader education outcomes.

You can sign-up for FREE to join the Well School community at www.well-school.org



YOUTH SPORT TRUST

The Youth Sport Trust is a children's charity working hard to ensure every child enjoys the life changing benefits that come from play and sport. During the current pandemic we have been working with PE teachers and school staff to understand the impact on young people's physical activity levels and the challenges they face with supporting young people in school. To help support our networks to provide high quality safe PE, enrichment and daily physical activity in the current climate we have created a wide range of tools, and resources we hope will help our hard working teaching profession,

Please click here to visit our coronavirus support section for all the latest guidance and support.

To find a selection of free resources to support delivery in schools [please click here](#). You will also find our free to access webinars and podcasts on topics such as PE and Wellbeing, Curriculum mapping, and Primary PE Premium.

We are here to help schools and PE leaders to ensure all young people have the opportunity to participate in high quality PE and School Sport and together we can emerge stronger. Please visit our website and see how we can help.

[Read our research](#) on the impact of COVID on schools and young people.

