

# CRUCIAL TOP TIPS FOR LEADERSHIP TEAMS

*Let's care for our teachers so they can care for our students*

## TIP 1



**Wellbeing budget to each teacher.** Many classrooms are now collaborative spaces, so items purchased for the classroom will be done so under a team budget. Use the old classroom budgets and rename them 'Teacher Wellbeing' for teachers to spend on their own wellbeing - eg. towards a gym contract, or a fitbit, towards a massage or a new journal

## TIP 2

**Give A Chance to Be Heard.** Shout a coffee and have an uninterrupted 15 minute conversation with each teacher once a term. Encourage teachers to use this time to voice concerns, or discuss next steps, or even catch-up on the sports games from the weekend. This one on one time is a great way to cultivate relationships and offer a listening ear.



## TIP 3



**Understanding Time Demands.** Because time demands comes up so often in research as a point of high concern for teachers, use Learning Assistants to watch the class while they eat, so teachers can use that 10 minutes to refocus. It may not seem like much, but morning tea and lunch means an extra 20 minutes a day, which is an extra hour each week.

## TIP 4

**Recognition and Acknowledgement.** Teachers can tell when feedback is forced or genuine. Taking the time to bring a coffee for the teacher and then to sit in and be sing with the class, or listen to a book being read, join in with a P.E lesson or help issue the books in a library session. All these little things are a way to show a teacher that you appreciate their hard work, and to make connections with the students in the class.



## TIP 5

**Wellbeing Day.** Many schools have begun offering a wellbeing day where a teacher can book in one day a term to look after their wellbeing. It may be going for a massage, watching TV from bed, or simply sleeping. Giving this time is a preventative measure to needing to give longer periods of time when teachers burnout or have anxiety attacks. It's also a great way to show support and understanding.