

School-Led Interventions for Teachers and Staff

As stated previously, Price and McCallum (2015) discovered that the whole school network, including school environment and relationships with others, plays a significant role in determining the wellbeing of school. As school leaders, we not only want to create a school culture that supports the wellbeing of our students, but one that promotes the wellbeing of our school staff. As reported in the 2021 Teacher Wellbeing Index, a survey completed in the UK, 42% of respondents felt that their school's culture negatively impacted their wellbeing (Education Support). This first section will address ways that school leaders can create a whole school environment that will promote positive interactions between school staff and leaders, as well as motivate system-wide improvements in wellbeing.

References:

Education Support. (2021). Teacher wellbeing index. Teacher Wellbeing Index: mental health & wellbeing research. Retrieved from <https://www.educationsupport.org.uk/resources/for-organisations/research/teacher-wellbeing-index/>

Price, D., & McCallum, F. (2015). Ecological influences on teachers' wellbeing and "fitness". Asia- Pacific Journal of Teacher Education, 43(3), 195–209.

School Leadership Teams
Professional Learning Communities
Peer Mentoring and Coaching
Supporting Teacher Autonomy
Mindfulness Training
Compassion Training
Humor Training
Incentivizing Physical Exercise





This content is provided to you freely by EdTech Books.

Access it online or download it at

https://edtechbooks.org/addressing_wellbeing/school_led_intervent.