

St Ethelbert's Catholic Primary School
Staff Wellbeing Charter



At St Ethelbert's we aim for 'High expectations for all, in the Light of Christ'. We are dedicated, passionate professionals who want the best for our children in our care, the school and ourselves. We will always aim for the best in our school and want to always keep it a happy, positive place to work. St Ethelbert's recognises that the job is extremely busy and although rewarding, we need to remember to look after ourselves and improve our physical and mental wellbeing. This wellbeing charter is a commitment by all that wellness is a priority for all St Ethelbert's staff.

If you work at St Ethelbert's this is what we offer to support a work/life balance:

<p>Specialist Support</p>	<ul style="list-style-type: none"> ● Crisis Support e.g. Counselling ● Referrals to Occupational Health ● Education Support e.g. additional qualifications for career development
<p>Targeted Support</p>	<ul style="list-style-type: none"> ● Supervision ● Training around mental health ● Regular wellbeing check-ins for all staff using a line manager or peer support model ● Wellbeing events for all staff
<p>Universal Support</p>	<ul style="list-style-type: none"> ● Staff wellbeing policy ● Dedicated staff room for all staff ● Drop in sessions for any concerns with your line manager, HT, DHT ● Wellbeing ambassador using the Thrive approach ● Staff education on child and family mental health ● Positive, supportive culture of no blame and stigma for mental health needs of school community ● Weekly briefings to enable clear communication – share ideas for improvement of school ethos, model good working practices ● Weekly briefing notes ● PPA room – dedicated space