



## **Woburn Lower School Staff Wellbeing Policy**

### **Aims**

This policy aims to:

- Support the wellbeing of all staff to avoid negative impacts on their mental and physical health
- Provide a supportive work environment for all staff
- Acknowledge the needs of staff, and how these change over time
- Allow staff to balance their working lives with their personal needs and responsibilities
- Help staff with any specific wellbeing issues they experience
- Ensure that staff understand their role in working towards the above aims

### **Role of all staff**

- Treat each other with empathy and respect
- Keep in mind the workload and wellbeing of other members of staff
- Support other members of staff if they become stressed, such as by providing practical assistance or emotional reassurance
- Report honestly about their wellbeing and let other members of staff know when they need support
- Contribute positively towards morale and team spirit
- Use shared areas respectfully, such as the staff room or offices
- Take part in training opportunities that promote their wellbeing

### **Role of Senior Leadership**

- Maintain positive relationships with their staff and value them for their skills, not their working pattern
- Provide a non-judgemental and confidential support system to their staff
- Take any complaints or concerns seriously and deal with them appropriately using the school's policies
- Monitor the wellbeing of staff through regular surveys and structured conversations

- Monitor workloads and be alert to signs of stress, and regularly talk to staff about their work/life balance
- Regularly review the demands on staff, such as the time spent on paperwork, and seek alternative solutions wherever possible
- Make sure job descriptions are kept up-to-date, with clearly identified responsibilities and staff being consulted before any changes
- Listen to the views of staff and involve them in decision-making processes, including allowing them to consider any workload implications of new initiatives
- Communicate new initiatives effectively with all members of staff to ensure they feel included and aware of any changes occurring at the school
- Produce calendars of meetings, deadlines and events so that staff can plan ahead and manage their workload
- Make sure new staff are properly and thoroughly inducted and feel able to ask for help
- Understand that personal issues and pressures at work may have a temporary effect on work performance, and take that into account during any appraisal or capability procedures
- Promote information about and access to external support services
- Help to arrange personal and professional development training where appropriate
- Keep in touch with staff if they're absent for long periods
- Monitor staff sickness absence, and have support meetings with them if any patterns emerge
- Conduct return to work interviews to support staff back into work
- Conduct exit interviews with resigning staff to help identify any wellbeing issues that lead to their resignation

## **Role of the governing board**

The governing board is expected to:

- Make sure the school is fulfilling its duty of care as an employer, such as by giving staff a reasonable workload and creating a supportive work environment
  - Monitor and support the wellbeing of the headteacher
  - Ensure that resources and support services are in place to promote staff wellbeing
  - Make decisions and review policies with staff wellbeing in mind, particularly in regards to workload
  - Be reasonable about the format and quantity of information asked for from staff as part of monitoring work
  - Ensure that staff are clear about the purpose of any monitoring visits and what information will be required from them
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## **Managing specific wellbeing issues**

The school will support and discuss options with any staff that raise wellbeing issues, such as if they are experiencing significant stress at school or in their personal lives.

Where possible, support will be given by line managers or senior staff. This could be through:

- Giving staff time off to deal with a personal crisis
- Arranging external support, such as counselling or occupational health services
- Completing a risk assessment and following through with any actions identified
- Reassessing their workload and deciding what tasks to prioritise

At all times, the confidentiality and dignity of staff will be maintained.

This policy is to be read in conjunction with Central Bedfordshire Mental Wellbeing and Stress Guidance.

## **Links with other policies**

This policy is linked to our:

- Pay Policy
- Capability procedure
- Staff code of conduct
- Equal opportunities Policy
- Grievance Policy
- Menopause Policy

**Governor:**

**Date: October 2023**

**Headteacher:** Mrs Paula Black

**Date:** October 2023

**Review:** October 2026

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