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Can't wait for the summer break? Is this any way to live?

SATs Are Over!

Hi everyone. Primary colleagues will have heaved a huge sigh of relief as the SATs came to an end. I hope you and your pupils navigated through this challenging time relatively unscathed.

If you teach in a secondary school, you will be looking forward to the end of June, when GCSE and A Level exams will be all but over.

The summer break is on the horizon. Some of you will be wondering how you will make it to the end of term.



How do you feel about this seesaw between all-out commitment during the term, followed by a break?

Such is the work of a teacher that it often takes up to a week or longer to recover and regain energy during these breaks. If you or your teacher friends are working in schools where teacher wellbeing is low on the agenda or non-existent, you might be constantly looking forward to the next holiday and getting no pleasure from the day-to-day job of teaching that you trained for. Is this any way to live? The present is all we have and if we are constantly looking forward, we are losing the 'now' moments that make up our lives. How are you coping with this and what can you do about it?

How are you coping with the seesaw?



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So, what can you do about this? It has become a cliché that we can't change other people; we can only change ourselves. Here are your options:

1) Persuade your school to adopt the Teach Well Toolkit ([#teach-well-toolkit](http://www.teachwellalliance.com)) to tackle Teacher Burnout and begin to put teacher wellbeing first.

2) If your school is not prepared to take action, you might consider leaving. When you are unhappy, you might believe that schools are very much the same. They're not. The culture of one school can be very different from another, even when schools are in close proximity.

3) Change how you manage your stress and workload so that you can cope better in the short-term while looking for another school or if you have decided to stay in your current school.

Of course, choosing to leave is never straightforward. You might depend on your current job to support your family or there may be problems of travel in moving schools. However, staying where you are while stressed, unhappy or - worst of all - heading for Burnout is not a neutral act - it is a decision.

And if the consequences of that decision are that you become mentally ill and unable to come to school, the long-term consequences for you might be serious, life-changing and beyond your control.

If you are experiencing the following, you might be heading for **Burnout**:

1. Excessive Workload, including long hours in addition to your timetable;
2. Lack of control over decisions;
3. Lack of reward for doing your job;
4. Lack of community, with teachers working alone and low morale;
5. Lack of fairness - favouritism in appointments or certain teachers being singled out for praise;
6. Conflict of values of individual teachers with the values of the organisation.

Most teachers do not agree with the government's emphasis on results and 'standards' and a content-based curriculum at the expense of creativity, emotional development, relationships and interactive teaching and learning.

However challenging, I believe that it is the responsibility of individual schools to protect their teachers from the worst excesses of this system and to tackle each of the causes of Burnout. If your school is not taking action to protect you, you might consider that options 2) and 3) are necessary to get your life back and begin to live more in the moment.



In the past two weeks 7 videos have been posted on social media - one each day - on the Causes of Teacher Burnout. and 7 daily videos on how schools can Tackle Teacher Burnout.

Next week, 7 videos will be posted on how individual teachers can reduce stress and prevent or off-set Burnout.

If you missed any of the videos, you can see them on the Teach Well Alliance website (www.teachwellalliance.com)

**Teach Well Alliance Conference:
The Bad News and the Good News**

Be Well Stay Well | Teach Well Learn Well

Arrive Concerned
Leave with Strategies

Share
Plan
Engage
Motivate
Support

Teach Well Alliance National Conference (South)
Tackling Teacher Burnout
Halting the Education Crisis
Tuesday, 10th July, 2018
09.00 - 16.00

St Mark's Primary School
49-57 Mark's Rd
Mitcham
Surrey
CR4 2LF

TEACH WELL ALLIANCE

Book at www.teachwellalliance.com/#conference
Contact steve@teachwellalliance.com 07504 635 431

First, the bad news. There have been insufficient bookings for the conferences at Tapton School on 3rd July and St Mark's School on 10th July to make the conferences viable. This is disappointing, as I believe we would have been able to take part in ground-breaking workshops in how schools can protect teachers from Burnout, as well as incorporate research on the connection between teacher wellbeing and pupil progress.

We are the only organisation working on this critical area and it would have been a good opportunity to promote our work. If you have purchased an early bird ticket, you will be contacted in the next 7 days and you will receive a full refund, with my apologies for your disappointment.

Now the good news. On Saturday 30th June, there is an event called the 'Teach Well Fest' at Passmores Academy in Harlow from 09.00 - 16.00. Early Bird tickets are only £19.50. A large number of organisations focusing on teacher wellbeing will be gathered together and you will be able to meet a number of professionals working in the field of teacher wellbeing, including, of course, the Teach Well Alliance. I would love to see you there.

2018 Teacher Wellness Festival
www.teachwellfest.com

Saturday 30th June 9am-4pm
at Passmores Academy, Harlow CM18 6JH

"Must come and see"

- Healthy Toolkit • WomenED
- Chartered College
- SchoolMentalHealth • Schoolwell
- Education Support Partnership

All the best teacher wellness information in one happy place!

Earlybird tickets: £19.50!

Bar | Food | Health Checks | Dancing | Information | Refreshments | Yoga | Hypnotherapy | Music | Family Friendly | Freebies | Stalls | Acrobatics | Philosophy | Authors | Books

www.teachwellfest.com

Returning to Work after Mental Illness

We are working with Kingston University to support their trial of a free online platform to support employees who are returning to work after a period of absence due to mental ill-health (<https://returntoworkmh.co.uk/>)

There is a section for employees and one for employers. The platform is

designed to provide support to the employee returning to work, ensuring that the process is fair and helpful. If you are returning to work after a mental health illness or know someone who is or are supporting someone in this position as a line manager, you might find this useful.

Kingston University is offering the platform free of charge in return for completion of a short survey after you have used it. Access it at <https://returntoworkmh.co.uk/>



Employer

If you are an employer or manager, this section has been designed for you. You will find information, exercises, templates and advice to help you to support your employee back to work.



Employee

If you are currently off work due to mental ill-health, this section has been designed for you. You will find information, exercises, templates and advice to help you get back to work.

Did you know?

We have an invitation-only **Teach Well Alliance Community** hosted on **Basecamp**. If you don't know Basecamp, you will soon get used to it. **Join us there, share ideas and strategies, and get access to a growing library of articles and documents on wellbeing, both in education and in the workplace.**

If you would like to be sent an invitation to join **Basecamp** via email, contact me, Steve Waters, at steve@teachwellalliance.com, simply adding the word '**Basecamp**' to the subject line.

Next Newsletter: July 2018

Report from the **Teach Well Fest** and **How to Make the Most of your Summer Break**



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