

## 3 quick wins for teacher wellbeing

### *Education in Chemistry*

December 2018

rsc.li/2AVm6fu

Instead of one-off wellbeing sessions, take the first steps to fostering wellbeing within your science department and maintaining wellbeing of all staff throughout the academic year. These steps form a framework: fostering connections, teamwork and feeling part of a network. As head of department, you may wish to lead a discussion on this, or support another member of the department in initiating these ideas. Use the Workload analyser and action plan each term to help find the main stress points and consider options to help.

## Workload analyser and action plan

### Instructions

- Complete this sheet
- Share it with your colleagues
- Decide on a collective action plan for the term

### Term

| Week beginning | Department events | Whole school events |
|----------------|-------------------|---------------------|
|                |                   |                     |
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|                |                   |                     |
|                |                   |                     |
|                |                   |                     |
|                |                   |                     |
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|                |                   |                     |
|                |                   |                     |

### Pinch points this term

| Pinch point | Action |
|-------------|--------|
|             |        |
|             |        |
|             |        |

### Reflection on last term

| Taking too much time | Not enough time to do |
|----------------------|-----------------------|
|                      |                       |
|                      |                       |
|                      |                       |

### Actions

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## Workload analyser and action plan completed examples

### Term 2

| Week beginning | Department events                       | Whole school events     |
|----------------|---|-------------------------|
| 8/11           |   |                         |
| 15/11          |   | <i>Parents evenings</i> |
| 22/11          |   | <i>Parents evenings</i> |
| 29/11          |   |                         |
| 6/12           | <i>End of term exams year 10 and 11</i> |                         |
| 13/12          |   | <i>Christmas events</i> |
|                |   |                         |

### Pinch points this term

| Pinch point             | Action                                |
|-------------------------|---------------------------------------|
| <i>Parents evenings</i> | <i>Reduce marking that week</i>       |
| <i>Marking of exams</i> | <i>Group marking on 8/12/2018 4-7</i> |

### Reflection on last term

| Taking too much time | Not enough time to do      |
|----------------------|----------------------------|
| <i>Emails</i>        | <i>Planning new topics</i> |
| <i>Detentions</i>    | <i>Feedback</i>            |
| <i>Data input</i>    |                            |

### Actions

|   |
|---|
| <i>Informal catch-up and cakes Tuesday breaktimes</i> |
| <i>Revisit email etiquette</i>                        |