

Good Practice Exemplars

Holy Cross High School: Staff Wellbeing

What is it?

Staff Wellbeing INSET

Who is it for?

For all staff from Holy Cross High School.

What was done?

- Staff took part in a breakfast and chatted about their mental health.
- Staff were delivered a presentation with a summary of the 'Mental Health in Work' survey results, as well as being told about the See Me e-learning tool available.
- A mindfulness coach provided by South Lanarkshire Council delivered a 30 minute session on mindfulness.
- Staff also had the opportunity to take part in a variety of workshops – art, baking, singing, badminton, yoga, to name a few.
- Subject Leader and Senior Managers attended a meeting where the Stigma Free Lanarkshire team discussed the results of the survey that impacts management, and talking managers through using the 'Let's Chat' tool.

Why was it done?

The INSET day was something we had always wanted to do, to make it clear to staff that their mental health is just as important as the pupils, but the results from the See Me Mental Health in Work survey helped us to form the structure for the day. Activities were done to prompt conversations around mental health, as well as to increase awareness of stigma attached and support available for those who are themselves struggling, or know someone who is struggling with their mental health.

What was the impact?

Feedback from the day was positive. Staff members showed interest around the e-learning tool from See Me. Staff thoroughly enjoyed the workshop section of the day, many of the activities are now embedded in school life. Staff have now created a staff choir, and there is now a staff yoga class every Thursday, after school has finished. Feedback has been so positive that there will now be a Staff Wellbeing slot during an in-service day once a year.

Resources

- See Me 'Let's Chat' tool
- See Me E-Learning resource

