

# OCTOBER NEWSLETTER

## 3 Wellbeing Mistakes Schools Make



There are 3 common wellbeing mistakes schools make:

### 1. Staff wellbeing is not prioritised

We forget that we cannot have students functioning well if we have not looked after our most valuable asset - our staff. Teaching is a challenging profession. It is critical that staff are given tools to maintain their own wellbeing, and these are role modelled by the executive/leadership team.

### 2. Parent involvement is limited

Too often parents are invited to attend an information session on a wellbeing initiative happening at their child's school in school hours. If schools are really committed to involving the whole school community, parents and carers will be given ample notice to attend an event and it will be available after business hours.

### 3. Wellbeing programs are not sustained

How often is a fabulous wellbeing program run in term 1 for stage 2? For that cohort at that time it is very beneficial, but is this sustained? Is the content too dense for staff to have time to implement it ongoingly? Is the wellbeing program supported outside the classroom in all stages?



## BENEFITS OF STRONG MINDS

- Staff wellbeing is a priority
- Parent involvement is crucial
- Sustained wellbeing is vital
- Supports PBL
- Evidence based
- Whole school approach
- Creates an inclusive culture
- User friendly
- Fully resourced

Request an  
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Warmest wishes,  
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