

School workforce Health and wellbeing



Head Teacher Wellbeing Mentor Scheme

June 2014

The Wellbeing of the Head Teacher in any school or academy has a significant impact on the performance and wellbeing of the rest of the school.

To enhance the support systems that the Council and Head Teacher Groups (CAPH, CASH, NAHT, ASCL, etc) have in place have developed a training program for volunteer Head Teachers to become Wellbeing Mentors for their peers. The purpose of the Wellbeing Mentors will be to offer confidential personal support to any Head Teacher who needs it.

If you have any queries about this scheme – please contact the Council’s Health, Safety and Wellbeing Services Team on Tel: 01872 323138.

The information is available via School Messenger via a secure login.

Visit our website today www.swhwcornwall.co.uk

Join a school staff choir!

You will get the opportunity to do something that is not only a lot of fun but also gives you confidence, relieves stress and is great exercise for your heart and lungs which in turn gets the brain working.

You will be able to meet other school staff from around the country.

If you are interested in joining a choir at your workplace or would like to receive a singing practice guide please contact staffwellbeing@cornwall.gov.uk

School Health & Wellbeing Best Practice Event

LOCATION

Innovation Centre
TR1 3FF.

DATE: 3rd October

At this event you will be able to learn and do the following;

- How to integrate Health & Wellbeing opportunities into your school
- Hear from schools who have implemented interventions
- Chance to Network
- Guest Speakers
- Learn of new opportunities and interventions

Visit our events page on our website to BOOK NOW

Robyn Newport

Schools Workforce Health & Wellbeing Coordinator
rnewport@cornwall.gov.uk
staffwellbeing@cornwall.gov.uk
tel: 01872 323 145

 Join us on Facebook

 Follow us on Twitter

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Health
Promotion
Service

