SUPPORTING WELLBEING: Considerations for School Leadership teams
*** Additional supports for Wellbeing in schools is available on
https://www.pdst.ie/primary/healthwellbeing ***

	KEY CONSIDERATIONS	Actions / Decisions Taken Ratified by BOM? (Y/N)
Clarity of messaging in relation to COVID 19	Remember that the messaging in relation to COVID 19 is the responsibility of the various Government agencies who support in this area. Guidance for parents and schools in relation to talking to children and young people has been provided here An archive of past messages and current messages from the Department of Education is maintained here	
Supporting the well-being of staff	- Celebrate small steps; acknowledge and affirm good practice in a challenging situation - Provide confidential communication lines to staff to allow them to communicate with school leadership if necessary - Consider the benefits of formal and informal communications with staff. - Make staff aware of the supports available to them, including the Employee Assistance and Wellbeing Programme website and NEPS website - Use the Teacher Wellbeing section of the PDST site here as a guide and support	
Supporting well-being amongst the school community	- Consider the capacity of the school to provide clarity of message and to amplify national messages at a local level that support the wellbeing of the community. The HSE website is particularly useful here. - Where appropriate the school may be able to inform the school community of local developments in the current situation.	
Supporting the well-being of the school leaders	- Maintain and develop existing leadership team networks within the school - The pdst website has specific wellbeing supports for teachers here - In-school support available through PDST Website Password schoolsupport2020. - Maintain contact with existing teacher leader networks outside the school, including PDST,CSL,IPPN and locally based INTO networks - Keep a monitor on work/life balances in the context of working from home. Note the benefits of having a designated workspace which separates work life and home life where possible	