



Suneta Bagri



Steve Waters



TEACH WELL TOOLKIT MEMBERSHIP

Putting Staff Mental Health at the Heart of your School

1st September 2021 - 31st August 2022

What can the Teach Well Toolkit do for my school?

Step-by-step whole-school strategy to implement a culture of staff wellbeing and mental health.

Gives you the tools and know-how to improve staff mental health.

Involves the entire school community in wellbeing improvement.

Reduces staff absence through mental ill-health.
Improves retention. Cuts spending on supply.



What is included?

Organisational Benefits

- Audit (staff survey) to identify staff wellbeing issues (Value £250).
- 3 sessions of wellbeing coaching for headteacher. (Value £297).
- Teach Well Toolkit Programme - A step-by-step guide to implementing a whole-school wellbeing culture with termly consultant support and networking opportunities with other Wellbeing Leads (Value £995).
- Level 3/4 qualification in leading school wellbeing, with training and support from a wellbeing coach (Value £1200).
- Wellbeing and Mental Health Ambassador Training for up to 20 pupils (value £495).
- Level 2 First Aid for Mental Health Training for staff members (Value up to £199 per person).
- 1 copy of Waters, S (2021) 'Cultures of Staff Wellbeing & Mental Health in Schools' OU Press (Value £17.99).
- Up to 5 copies of Teacher's PET Wellbeing Journal & planning diary for SLT (Value £19.95 each).
- Priority booking for conferences and special discounts on additional training.

Cost of Purchasing Services individually as Non-Member

Cost per SCHOOL £3270.98

Individual Benefits

- Private Wellbeing Resources Vault (Value £99).
- 6 Live (online) meetings to prioritise wellbeing with guest speakers and wellbeing experts, recorded & shared in The Vault (Value £10 per person per meeting).
- Monthly newsletter with wellbeing tips.
- 8-week online Mindfulness Stress Reduction for Teachers (MSRT) course (Value £149 per person).
- Hypnotherapy/personal development downloads
- 4 Wellbeing & mental Health webinars: (Value £320 per person).
 - * Understanding & avoiding burnout
 - * Stress management
 - * Effective time management
 - * Self-care.

Cost of Purchasing Services individually as Non-Member

Cost per PERSON £727

NEW: FROM JANUARY 2022: CHOICE OF 3 INDIVIDUAL SUBSCRIPTIONS

See Page 4

FROM JANUARY 2022: 3 NEW INDIVIDUAL SUBSCRIPTION OPTIONS!

For staff whose schools are not Teach Well Toolkit members.

TEACHWELL TOOLKIT
MEMBERSHIP

Subscription 2: Individual Monthly Subscription.

Only £9.95 per month. First 90 days FREE!

Subscription 3: Headteacher 12-month Subscription.

One payment of only £89.50: First 90 days FREE!

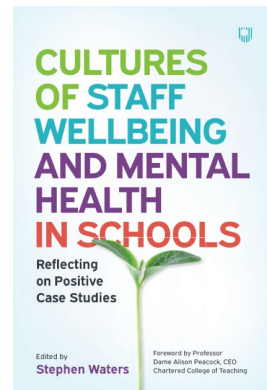
Subscription 4: Headteacher 12-month Subscription Bundle.

Inc. membership for Chair of Governors, Wellbeing Governor and School Wellbeing Lead.

One payment of only £185.00: First 90 days FREE!

Included in all three new membership options:

- * Staff audit (Results sent to school in spreadsheet).
- * Teach Well Toolkit Programme: to support the implementation of a staff wellbeing culture (online).
- * Copy of Steve Waters (2021) 'Cultures of Staff Wellbeing and Mental Health in Schools' OU Press.
- * Access to online Mindfulness Stress Reduction for Teachers (MSRT).
- * 1 copy of Teachers' PET Wellbeing Journal and Planner.
- * Access to private Wellbeing Resources Vault: wellbeing articles, research, strategies.
- * Monthly newsletter.
- * Personal development downloads.



If you would like to subscribe to one of these membership options, simply go to www.teachwelltoolkit.com/subscribe and follow the instructions.

Invoices also available on request for Subscriptions 3 and 4:

Go to <https://forms.gle/tppQ7ZEdVeVn9GH46>

Feedback from a Multi-Academy Trust



Teach Well Toolkit School Membership has allowed our conversations and actions to move forward in a meaningful way. Issues can be properly addressed, rather than it being a tick box activity. We have effective tools for consultation and review, resulting in actions led by a cross-section of the school.

This is complemented by a range of support strategies and forums which enable staff to improve their own wellbeing and mental health.

We're clear as a school family and individuals that meaningful change is both an institutional and individual responsibility and, by engaging with the support and expertise, we can have meaningful conversations to continue to develop a whole-school wellbeing culture.

I have every confidence that Teach Well Toolkit Membership will be beneficial to all stakeholders in your school community.

RICH SIMCOX

Headteacher: John of Rolleston Primary School, part of the Burton Central
Co-operative Learning Trust of Schools



**Request an invoice for Teach
Well School Toolkit Membership**

<https://tinyurl.com/mcam78sf>

Teach Well Toolkit Membership will help
you to build your long-term strategy!



STAGE 1

ASPIRATIONAL
HEADTEACHER
LEADING
WELLBEING

You:

- Understand importance of staff morale in achieving high standards.
- Are unsure how to manage and/or find the time to develop staff wellbeing.
- Are looking for a well-designed, robust system that can be adapted to your school context.

1

STAGE 2

EMERGENT STAGE
OF WELLBEING
CULTURE

You:

- Gain access to a whole school approach which includes organisational responsibility for staff wellbeing, as well as individual responsibility for self-care.
- Create a shared mission and vision of what wellbeing culture in the school looks like. (For the staff, by the staff).

2

STAGE 3

EMBEDDING STAGE
OF WELLBEING
CULTURE

You:

- Motivate staff to look after their own mental and physical health with a range of wellbeing tools.
- Develop a supportive staff mental health culture in conjunction with self-help strategies.
- Have a clear action plan to embed mental health into the school's development plan on a 3-year cycle.

3

STAGE 4

SECURE STAGE
OF WELLBEING
CULTURE

You:

- Motivate staff to look after their own mental and physical health with a range of wellbeing tools.
- Develop a supportive staff mental health culture in conjunction with self-help strategies.
- Have a clear action plan to embed mental health into the school's development plan on a 3-year cycle.

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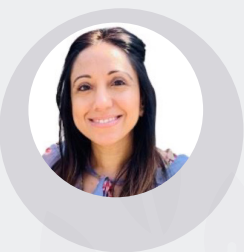
STAGE 5

INSPIRATIONAL
HEADTEACHER
IMPLEMENTING
WELLBEING

You:

- Motivate staff to look after their own mental and physical health with a range of wellbeing tools.
- Develop a supportive staff mental health culture in conjunction with self-help strategies.
- Have a clear action plan to embed mental health into the school's development plan on a 3-year cycle.

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Suneta Bagri

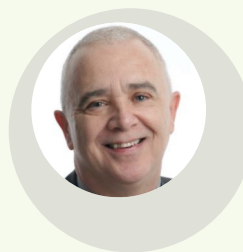
Founder of Teach Well Toolkit

25 years' experience in the primary sector, including as headteacher.

- Has led a range of schools out of challenging circumstances.

Committed to ensuring that school staff wellbeing and mental health is implemented through a values-based approach.

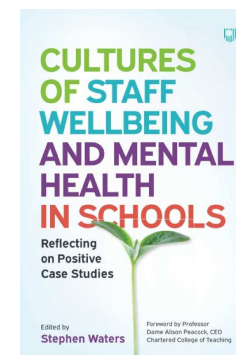
- Suneta's experience tells her that, if staff are not physically or mentally well, they will not be able to teach effectively nor support the mental health of pupils.
- Fellow of the Chartered College of Teaching.
- First Aid for Mental Health Instructor and Headteacher Wellbeing Coach.
- Mindfulness teacher and a teaching Fellow within ITT.
- Suneta has three children of secondary school age and lives in Coventry.



Steve Waters

Founder of Teach Well Toolkit

- 36 years' experience in education: 30 years as a secondary teacher, middle leader and Assistant Principal.
- 6 years as a Local Authority School Improvement Consultant.
- BAC approved Counsellor and a First Aid for Mental Health Instructor.
- Steve has lived experience of mental ill-health. In 2008 he was diagnosed with Bi-Polar Disorder following a severe depressive episode which nearly cost him his life.
- Founding Fellow of the Chartered College of Teaching and an elected member of council.
- Steve has four grown-up children, one of whom is a Psychology teacher.
- Steve lives in Manchester.



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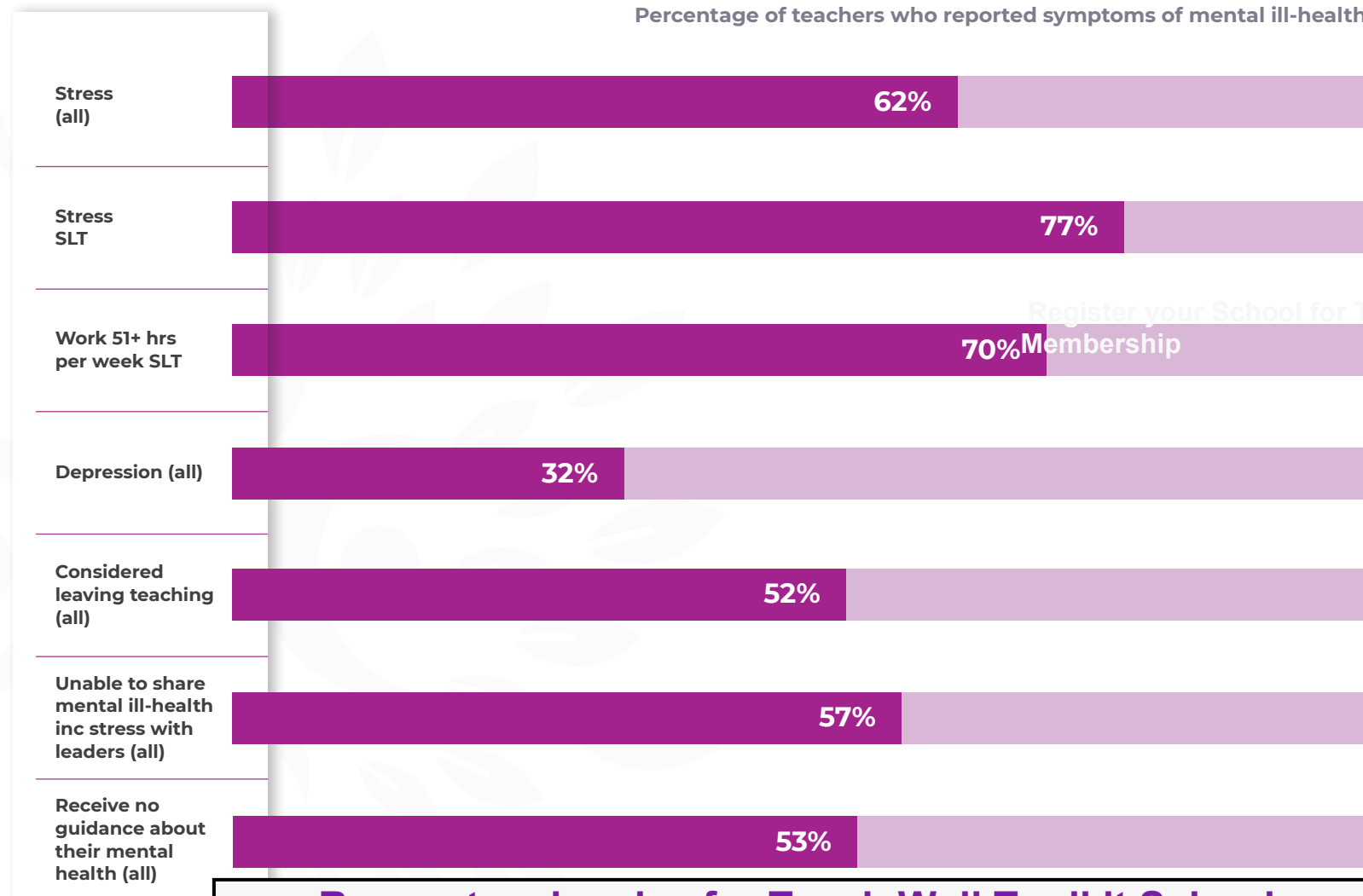
Contains 32 case-study chapters written by headteachers or wellbeing leads

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<https://tinyurl.com/mcam78sf>

HEADLINE DATA ON TEACHERS' MENTAL HEALTH 'TEACHER WELLBEING INDEX 2020': CHARITY EDUCATION SUPPORT

Percentage of teachers who reported symptoms of mental ill-health



Register your School for Teach Well Toolkit
Membership

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Membership**

<https://tinyurl.com/mcam78sf>



Teach Well Toolkit

Become a Teach Well Toolkit School

<https://tinyurl.com/mcam78sf>

Questions?

Get in touch. We love to help



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Steve Waters