

STEP 1

Check your school staff know how to access their Mental Health First Aiders and allow time for 'talking' especially in the first week back.

Tip: Schedule 'time for talking' and 'peer to peer' support for the first day back

STEP 2

Before the 8th of March check in to see how each member of staff may be feeling and if they need any support.

Tip: Send an email with the 'Kent-Teach helplines poster' to all members of staff prior to the 8th of March.

COVID-19 Wellbeing & Resources

BACK TO SCHOOL SURVIVAL KIT

CHECKLIST FOR SUPPORTING STAFF

STEP 3

Check that all staff know who is responsible for wellbeing within the school and how to contact them.

Tip: Assign roles and responsibilities to your Wellbeing Champions using the Kent-Teach template

STEP 4

Check to see each member of staff is supported with managing the transition from remote to classroom learning.

Tip: The Mental Health Foundation has a range of resources and guidance

<https://www.mentalhealth.org.uk/>