

## Better Health at Work Award – achieved Silver now working towards Gold (2018- 2021)



### Key successes:

- Time to Talk events for whole community e.g. Walk and Talk, Me Too
- Cancer and health workshops for the whole community
- Community health campaigns and wellbeing walls
- Staff fitness clubs e.g. Couch to 5k, Sober October
- Fruity Fridays and Wellbeing Wednesdays
- Mental Health and Wellbeing Policies for Staff
- Full review of staff workload, outcomes include: PPA at home, no more marking, curriculum teams, report writing days, parents' meetings (during the day), regular staff events, wellbeing drop ins.
- Full mental health and wellbeing training for all staff (annually) and offered to parents
- Mental Health and Wellbeing First Aiders (adults and children)
- Healthy eating initiatives and weight plans
- Support and training for the menopause
- Staff questionnaires
- Back to work discussions involve mental health and wellbeing discussions
- Governing body meetings begin with mental health and wellbeing agenda item
- Mini health MOTS for staff and governors
- Training we provide is now extending to other schools as part of the silver award

We # strive together as one at NCEA Warkworth Primary !