

What is wellbeing and why is it so important?



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Since studying History at GCSE, A-level and reading History and Politics at University, my dream has been to inspire the next generation of budding Historians. When I commenced my ITT course, I knew my journey to becoming qualified wasn't going to be without its difficulties. As my workload increased and responsibilities grew, I have made it imperative that my health wasn't affected as a result. Consequently, I have time and time again found myself drawn towards advocating inclusive methods of well-being.

The term Locus-Parentis is one which I always refer to when thinking about the importance of well-being. In school, we are to our students 'In place of parents', thus we are to go further than being bastions of academic progress, to looking out for the mental well-being of our students too.

Mental health is becoming an increasingly important issue of the national agenda. Recently, Dr. Alex George has been promoted to Government mental health ambassador, to tackle the growing mental health pandemic, with around 1 in 10 young people suffer from some form of mental illness.

However, it is essential we look out for the well-being of ourselves and staff as well as students, after all, it is impossible to adequately help others when you yourself are struggling!

The Oxford English Dictionary defines well-being as a state of being 'comfortable, healthy or happy', however as Mind and the Mental Health Foundation stipulate, well-being is much more of a broader concept than this. Yes, it is about being happy, but it is also about feeling in control, being satisfied with your life, and having a sense of purpose.

Teaching most certainly provides you with a sense of satisfaction and fulfilment, bringing learning alive, whilst helping children develop through the early years of their lives is the most incredible job you could have (I might be biased). But that's not to say it's not without its stresses. As the Covid-19

pandemic has taught us, teaching is most certainly a multi-faceted job, we are flexible and malleable beyond recognition, and these expectations can, if not careful, begin to take your toll on your well-being.



That is why this past year, as AMP SCITT well-being ambassador, I have created monthly newsletters with tips and tricks on how to look after number one during your training year, all whilst keeping fit and healthy!

During the Winter months, we looked at how to ensure you have sufficient down-time, taking time to enjoy the things you enjoy, reading, sports, and baking! During February we celebrated child-mental health week, looking in school at how we can best keep our students safe and happy, and outside of school, how we can keep ourselves in top form. Lots of the cohort got involved during February half term, sending in their pancake creations, what they're reading, and how they keep fit outside! This was particularly well-needed after a well needed screen break from online teaching!

See below for some amazing ideas of how our cohort enjoyed their screen breaks.

Our fantastic students taking a well-earned screen break to 'pimp up their pancakes' during the February half term!

I also played piano (keyboard) for the first time in about 15 years, yesterday! Thank you to @AMPSCITT and the #wellbeing team for your attention and encouragement to do things that lift our spirits. I'm definitely going to try and keep up my practice now 🥰🎹🎵 #music #arts



11:41 am · 23/02/2021 · Twitter for Android

1 Quote Tweet 5 Likes

Thank you to the @AMPSCITT #wellbeing team for recommending pancake recipes. I tried the slightly healthier banana pancakes topped with toasted nuts, fruit and yogurt. Yum! Definitely good for my wellbeing 😊



Mr Hampton 🍳 @MrHa... · 16/02/2021 ...
Rainbow Crepe Cake 🌈

18 vegan crepes with an almond cream cheese filling. I've always wanted to make this and today #PancakeDay2021 was the perfect opportunity. What a beauty. #rainbowcrepecake #veganpancakes #foodteacher #wellbeing @AMPSCITT



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The best day of the year is Pancake Day. The ultimate cheat day! Thanks to @AMPSCITT for the #wellbeing pancake recipes! #PancakeDay2021



5:58 pm · 16/02/2021 · Twitter for Android

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Not only has AMP SCITT allowed us to receive expert pedagogical advice and support, but the close-knit feel of ITT has meant all students have received fantastic well-being support of the course leaders, as well as their own schools.

Whilst the role of education is constantly changing, the overwhelming mental health support is increasing. I hope that this short blog post, affirms your desires to join the course, and allows you to feel supported in the fact that your well-being Is ALWAYS on the agenda!

Resources

<https://www.mentalhealth.org.uk/blog/what-wellbeing-how-can-we-measure-it-and-how-can-we-support-people-improve-it>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

