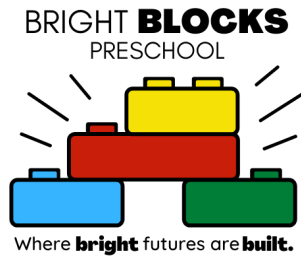


Our Preschool Staff Wellbeing Commitment

Early years staff love their work, but it can be emotionally demanding & stressful. Our commitment to staff wellbeing lies at the heart of our setting.



Emotional Support Helpline

A free emotional support helpline for everyone working in education, including early years. It is open 24 hours a day, 7 days a week, and you will speak to a qualified counsellor.



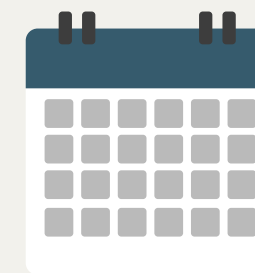
Home / Work Balance

Staff are encouraged to have a healthy work-life balance; this is supported by ensuring the workload is monitored and staff feedback is well received and actioned.



Yoga / Stretch Session

Mindfulness is all about being present in the moment, letting go of stress and worry. Exercise and yoga sessions are provided half termly for staff.



Flexible Working

We understand the importance of having a job that works with your life is important. That's why we offer flexible working arrangements where practicable.



Well-being Day

In addition to school holidays leave, staff are also given a Well-being Day which is a paid day off once a year to use as they wish.



Regular Wellbeing Checks

We include well-being as part of our staff supervision discussions and appraisals. During these sessions, we work with staff on an individual basis, and have well-being chats to ascertain any individual well-being needs



Read our **full Mental Health and Wellbeing Policy** on our website: www.brightblockspreschool.co.uk