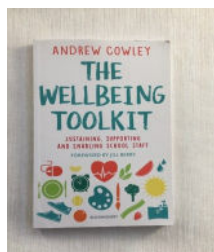
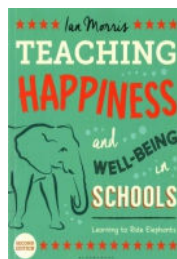


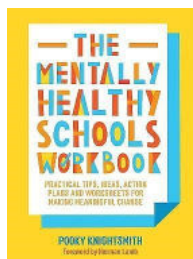
Books for Staff : Mental Health and Wellbeing



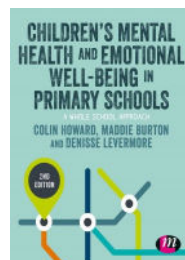
The Wellbeing Toolkit by Andrew Cowley
The Wellbeing Toolkit offers effective strategies for addressing staff wellbeing from a whole-school perspective with particular reference to reducing workload, managing stress and supporting teachers in challenging circumstances



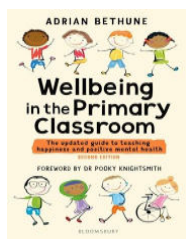
Teaching happiness and Well-being in Schools by Ian Morris This is a theoretical and practical guide to implementing a well-being programme in your school. The book covers three areas: well-being as a philosophy of education, the teaching approach to well-being and the content that might form a well-being programme in a school. It is also a manifesto for a meaningful aim to education.



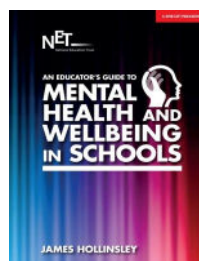
The Mentally Healthy Schools Workbook by Pooky Knight smith This book is the perfect starting point for anyone looking to promote and encourage mental health in their school, or evaluate their existing provision, in line with current government priorities. It covers not only the day-to-day practical steps you can take to meet the mental health needs of learners, but also a provides a whole bank of ideas for ensuring you adopt a whole-school approach to positive mental health



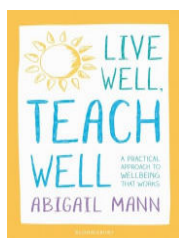
Children's Mental Health & Emotional Well-Being in Primary Schools by Colin Howard, Maddie Burton and Denisse Levermore This text supports schools and teachers to develop strategies to enhance the importance of mental health and emotional well-being, to work on preventative strategies and to support children when they need more intervention. The new edition of this important text is now updated to include coverage on the impact of early life experiences on children's mental health as well as more on the influence of technology and social media.



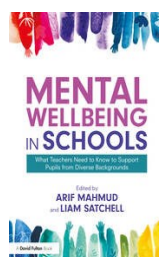
Wellbeing in the Primary Classroom by Adrian Bethune Taking the latest evidence and research from the science of happiness and positive psychology and brings them to life. Wellbeing in the Primary Classroom is packed full of tried-and-tested activities and techniques. This book is about offering pupils strategies to explore how to manage stresses, anxieties, or feelings that might result in depression.



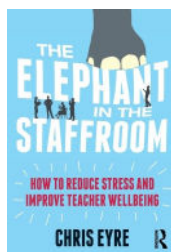
Mental Health and Wellbeing in Schools by James Hollinsley This book offers: a range of best-practice case studies; searingly honest anonymous stories from survivors of poor mental health who have also been (or are) practitioners in schools; and advice from experts and specialists, including psychologists, counsellors and SEN specialists.



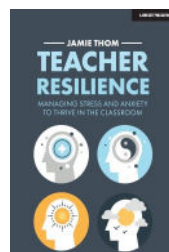
Live Well, Teach Well by Abigail Mann Providing advice, activities and techniques that any teacher can use to support their own mindfulness, wellbeing, and physical and mental health, and that of their colleagues too. The ideas will help you to stay energised, focused and positive throughout the school year, and to work more efficiently and effectively, so you can maintain a healthy work-life balance.



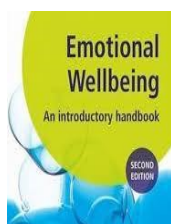
Bringing together advice and strategies for supporting pupil mental health and wellbeing, this book makes accessible key knowledge about mental health and examines how this might vary in different pupil populations by exploring the unique challenges for disadvantaged and minority pupils. Offering valuable insights into the diverse nature of pupils' mental health experiences, each chapter provides practical suggestions and approaches that teachers can use in the classroom, and schools can adopt into their pastoral care systems. .



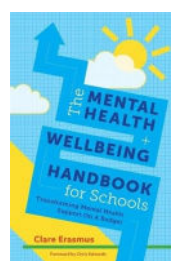
The Elephant in the Staffroom by Chris Eyre The book is divided into 40 bite-size chunks, covering a range of essential topics from understanding and avoiding burnout, to successful working patterns, and even surviving the school holidays! Chapters are designed to be easily dipped in and out of, with each exploring the unique nature of the teaching profession and how to cope with, and conquer, a variety of stress triggers and psychological aspects of teaching – 'elephants' in the staffroom – to survive and succeed.



Teaching is a wonderful profession, but it is one that requires huge amounts of physical, mental and psychological reserves. Inner resilience is a vital part of this, and the dialogue about how to develop it has been missing in conversations about teacher wellbeing. Resilience is ultimately the difference between being overwhelmed by stress and anxiety, to finding calm, purpose and joy in the work we do with young people. Teacher Resilience explores how we can build a more resilient mindset, and what practical actions we can take to be the best version of ourselves in the classroom



Emotional Wellbeing: An Introductory Handbook for Schools by Gillian Shotton and Sheila Burton The chapters in this book give a clear overview of each topic underpinned by the latest research in educational psychology, descriptions of vulnerabilities as well as case studies and suggestions for practical activities. Designed for use with individuals, groups or whole classes, this will be vital reading for ELSA trainees as well as anyone wanting to provide the best possible support for the emotional wellbeing of the young people they work with.



From small, everyday improvements that foster a culture of mental wellbeing to whole school campaigns, this book shows how to embed mental health at the heart of a school's philosophy.