



# Wellbeing Wednesday

Wellbeing is at the top of our agenda every day but once a month we make it the main event!



We know that feeling valued at work is linked to better physical and mental health. That is why, alongside our excellent salary and benefits package, we are always looking for ways to say 'thank you' and well done'.



Once a month, our Wellbeing Champions organise a wellbeing or gratitude event for the whole school. This could be a gift, or a team activity which will either help support people's wellbeing, or simply demonstrate appreciation for all the hard work that happens in our schools every day.

And because we don't want to leave it too long in between showing our appreciation, we also have an Employee of the Week celebration!



I am a qualified **Mental Health Workplace First Aider**. If you need help or support with your mental health, you can talk to me.



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