

Wellbeing Builder: Middle / Senior – Positive Teachers
Teamwork

Wellbeing Element: Relationships and Optimism

Character Strength: Humility

Wellbeing Fitness Challenge: Even Better

Some things to ponder: as a staff do we have a collective vision of what we want our students to act like, look like, sound like, know and can do because of our collective influence? Do we have a vision of ourselves as a collective? Do we consistently mirror each other in our expectations of ourselves and of our students?

Teacher wellbeing is second only to social connectedness in building student wellbeing. Schools are full of inspiring teachers who really do matter. Entering into dialogue about their core business of learning, teaching and building their and student wellbeing will see positive teamwork alive and well within schools.

The old sayings, “*we can’t teach them until we reach them*” and “*kids don’t care what we know until they know we care*”, are so true. It is vital to cultivate growth mindsets in students that their teachers are there for them and genuinely want them to become their best possible selves and accept their teachers’ advice, as they do with their sports coaches and realise that teachers – like themselves – are also individuals, with their own ways of doing things. When students and their teachers’ know each other’s personal strengths, great learning and teaching occurs.

“Teachers open the door but you must enter yourself.” Chinese Proverb