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Staff Wellbeing Policy

At St Thomas Preschool we want to support staff in as many ways as we can, one of the ways we do this, is through our Wellbeing approach. We want to look after the staff' mental health and support all staff to be healthy and well.

Our wellbeing lead is Claudine Noury.

We provide the following:

- Support during supervisions held roughly every 6 weeks where staff have an opportunity to discuss any concerns or feelings they are having.
- Booked sessions with Claudine on Tuesday mornings with 1:1 sessions of discussions and support for work and non work related issues.
- Any staff feeling they need support with their mental health are encouraged to come and speak to the manager or if they wish to speak to someone else, then the Chairperson is on hand to listen and give support.

This policy was adapted in May 2023 and will be reviewed in 2024