



Wellbeing Support Academy

For staff in British international schools

Supporting staff through the COVID-19 global pandemic

In this time of uncertainty and social distancing, your staff are vulnerable. Moods and feelings are affected. They may feel low, worried and anxious. In addition to this, international staff will be isolated from friends and family at home whilst still endeavouring to rise to the challenge of supporting pupils through online learning. We must not underestimate the level of anxiety some staff will be feeling at this time and must try to ensure that something is in place to support them whilst schools are closed.

Earlier this year, and as a result of identified need at the AoBSO Annual Conference, we introduced the **ESP Wellbeing Academy**: a service to support staff in international schools both professionally and personally. Now more than ever, this service is needed. We have adapted the support package to meet the current climate and support the difficult challenges that staff are facing.

The Academy gives staff:

- 1:1 remote email helpline to share/discuss professional and personal challenges and concerns available 24 hours a day;
- 1:1 follow up video calls will be arranged if needed and emails responses in no more than 8 hours;
- Regular webinars to discuss remote learning ideas, planning and challenges of remote teaching;
- Regular updates from the UK to stay in touch with the latest news and government advice on all matters relating to international schools;
- Invitations to monthly online CPD sessions to keep professional learning opportunities active;
- Access to your school's own password protected area on www.espeducation.co.uk to access best-practice documentation and recommended resources to support online learning.

The Academy gives leaders:

- A weekly video-call with ESP MD and Wellbeing Academy Principal, Amanda Picillo, to discuss personal and professional challenges. This is your opportunity to talk to a trusted partner and identify solutions to the challenges you face. Taking care of all leaders is paramount to the Wellbeing Academy;
- A liaison service to support school leaders with queries for the DfE, examination boards and inspectorates. We know that this contact can be challenging due to pressures on your time and time zone differences. We will work with you, represent your views and lobby for answers to your questions and concerns.

Who supports my staff when they join the Wellbeing Academy?

Due to the high value of support that staff are requiring and the importance of the quality of support for this particular period, support will be led by our MD and Wellbeing Academy Principal, Amanda Picillo, backed up by Consultant Leaders with a firm understanding of international education.

How much does it cost?

We would love to offer the service free to all our customers but unfortunately, as a small business, we have overheads and staff costs to cover and are not able to do this. However, we want as many schools as possible to be able to access this support for their staff during this period so are offering a heavily reduced one-off rate of £495 to cover all staff under the service for the remainder of this academic year.