



WorcestershireTM Works Well








ST BEDE'S CATHOLIC MIDDLE SCHOOL, REDDITCH

The Worcestershire Works Well Programme has allowed St Bedes Catholic Middle School to work closely with staff to encourage a balanced work-life routine, resulting in improved staff wellbeing and enhanced job satisfaction which in turn, positively impacts their pupils, enabling them to flourish and achieve their full potential.



Thanks to the Worcestershire Works Well scheme, the school now continuously looks for new ways to further drive staff health and wellbeing forward .



What did you do?	Support Provided to Staff
 Regular communication about the scheme including health & wellbeing support and advice	 Monthly newsletter & regular emails
 Opportunity to engage in discussions and maintain open communication	 Workplace health & wellbeing champion appointed
 Regular tools, resources, training support and live webinars promoted to staff	 Regular classes included boxfit, badminton & fitness
	 Meditation and mindfulness classes

Mental health and wellbeing for staff and pupils is a priority, successfully embedded into the school culture thanks to the Worcestershire Works Well scheme. Since being part of the scheme, St Bede's has been awarded the Carnegie School Gold Mental Health Award.