



# Induction Focus – Wellbeing

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## Video Transcript

*This transcript is of Edition #03 – Have I set high expectations for myself and my every student?*

Carol Wyatt:	<a href="#">00:03</a>	It's very important to look after the staff wellbeing. The most important resource of school has are their staff, but in particular a graduate teacher has so many more pressures and expectations on them. Therefore, it's very, very important of the structures that are in place to support the graduates.
Kelly Gommers:	<a href="#">00:25</a>	So at Croydon Hills, we have an induction afternoon the year before we start where we come, we have a tour of the school, we meet leadership and our mentors and any other new teachers to the school.
Jessie Cassidy:	<a href="#">00:36</a>	We have a teacher welfare coordinator who is responsible for checking in with teachers to say how they're going. She's also responsible for checking in with the graduate teachers towards the end of first term, just to have a general chat and see how they going and how they're feeling with their mentor, how they've found their place within Croydon Hills if they feel they've been supported or not.
Kelly Gommers:	<a href="#">01:03</a>	I've been really lucky this year with my mentor working so close with her. We've developed a really strong relationship and she's very supportive of me through everything I do. If I'm feeling really stressed or overwhelmed about something, she's the first person I turn two and she's always happy to give me advice, whether it's something as little as a parent email and I'm not sure how I should reply. She's always happy to read things for me to check them out for me and just gives me the support where I need it.

Carol Wyatt:	<a href="#">01:32</a>	We also ensure that the mentors check in with the graduates at times that we know are going to be high stress for them when they wellbeing can be compromised. And that is most obviously at report writing time and at parent teacher interviews.
Jessie Cassidy:	<a href="#">01:48</a>	The other thing is if a teacher feels that they need extra support or extra time, they can always go and speak to leadership and leadership are very accommodating with giving them an extra session, some time in their classroom, giving them a yard duty off so they can do things at lunchtime and recess that they need to do as a graduate.
Kelly Gommers:	<a href="#">02:10</a>	I think it's so important to feel supported and not just from your mentor and from leadership, but from everyone around you. So that's been really nice and I think that's something really special about this school. Everyone gets along so well and it's just a really nice place to work.