

SETTING THE SCENE

Three years ago, with a week and a bit to go in term three, I looked around our staffroom and was really concerned at what I saw. Rundown, emotionally drained and disconnected colleagues who were literally counting down the hours until they could gain a reprieve from their current situation. It would have been easy to mark it down as just an end of term phenomenon, and just accept it as part of what we do and what we go through. Instead I thought, is this how we end most terms?...YES. Is this how we often end each week?...YES. Is it time to change the current cycle and think about what we can do differently to elicit a different response?...YES.

How does this stress look in our classrooms, to our students? Is our “game-face” as good as we hope it is, with those feelings and attitudes hidden behind a facade of positivity, connectedness and acceptance? The answer will be as varied and diverse as we are as individuals.

We expend so much time and energy on trying to develop our young people into well-rounded, happy, healthy and productive members of society. For many of us our own well-being takes a back seat in this pursuit of great outcomes for others. This is a noble trait, but it is easy to wonder if our messages would have better impact when effectively and consistently modelled in positive “healthy” behaviours rather than just speaking to the issue in a theoretical manner.

For more information on how we went about this process of changing our culture and attitudes visit: www.letsprosper.co.nz or check us out on facebook: /letsprosper.education

