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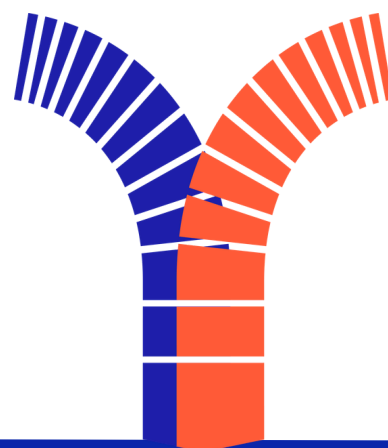
Staff Wellbeing Guide



Lead Well.

Brief Summary for School Leaders

This is a brief summary of how South Leicestershire School Sports Partnership developed a practical, preventative approach to staff wellbeing through trained school ambassadors and other practical measures.



This resource has been designed based on the Well Schools Lead Well pillar.

The approach

Following consultation with secondary headteachers, the partnership created a Staff Wellbeing Ambassador programme. Each school was encouraged to appoint a senior leader and a non-PE member of staff, giving the work both visible leadership support and a wider staff voice.

What schools introduced

Training uses the Five Ways to Wellbeing—connect, be active, take notice, keep learning and give—alongside staff surveys, action planning and clear signposting to professional support. Ambassadors meet as a network and adapt small, affordable ideas to their setting, including mood-lifting activities, book sharing and inclusive physical-activity challenges.

Reach and emerging impact

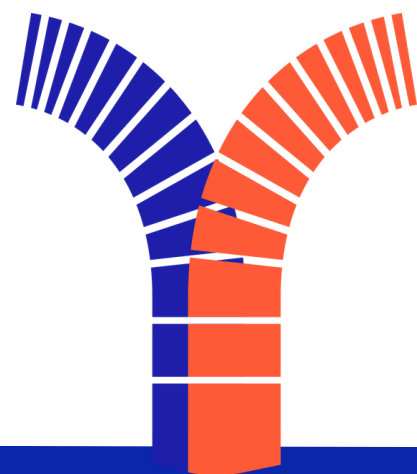
In 2025, 79 staff across 53 schools took part. Steptober attracted 1,000 entries and more than 113 million steps, while Move It March involved 1,567 staff and over 300,000 active minutes. Schools reported stronger connection, greater participation and a more positive staff culture. Increased staff engagement also coincided with increased pupil participation, although the partnership recognises that impact measurement now needs strengthening.

Key learning

Staff wellbeing does not always require a large budget or complex programme. A small group of supported advocates, time to listen and plan, and simple preventative actions can build momentum. The initiative complements—but does not replace—appropriate professional help or action on wider workload and organisational pressures.

Reflect

Who could champion staff wellbeing in your setting, and what one small action could they test first?





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