



Fostering Teacher Well-Being

From a Practitioner's Perspective

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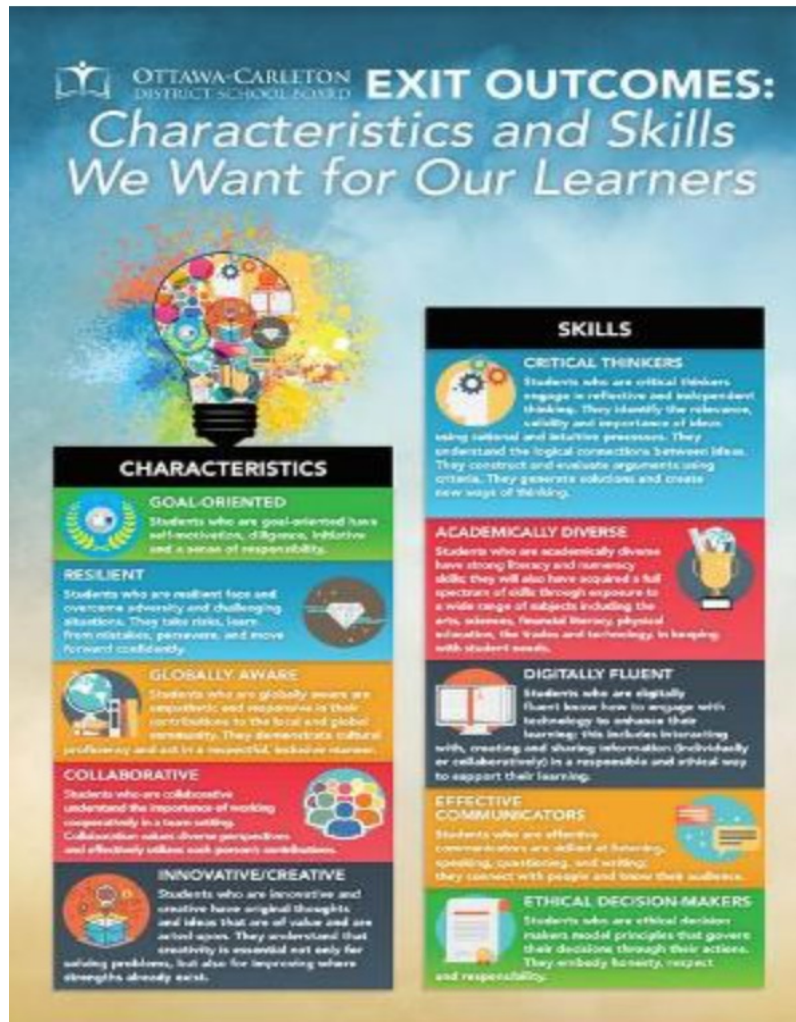
1. A System Approach to Well-Being: The Case of Ontario
2. The Connection between Well-Being and SEL
3. Great Resources
4. Advice to School and System Leaders

Achieving Excellence

A Renewed Vision for Education
in Ontario

April 2014

- Achieving excellence
- Ensuring equity
- Promoting **well-being**
- Enhancing public confidence



5 Characteristics:

- Goal-oriented
- Resilient
- Globally Aware
- Collaborative
- Innovative/Creative

5 Skills:

- Critical Thinkers
- Academically Diverse
- Digitally Fluent
- Effective Communicators
- Ethical Decision Makers

Well-Being in Pandemic Times



Creating Mentally Healthy Schools



smho-smso.ca



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



EN / FR



We work together with
Ontario school districts
to support student
mental health



Mentally Healthy School Support Package

Practical Resources to Help Schools
Rise Together to Resilience



Student Mental Health ACTION KIT

Practical resources
to support student
mental health
during COVID-19

Ontario School District

STAFF WELLNESS LOGIC MODEL

Wellness in Action: Committed, Connected, Collaborative

Mission:

Our mission is to support the well-being of our school district as an **organization**, and of each **individual**, through an equitable, value-driven, evidence-based wellness strategy.

Value Statements:

We value workplaces where we prioritize:

- psychological health and safety
- physical wellness
- a sense of belonging and collaboration
- recognition for (valuing and respecting all) our contributions
- life-work balance
- wellness accessible to all
- opportunities to build our knowledge and skills
- clear, transparent and timely communication between all facets of the organization



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The Global Alliance for SEL
and Life Skills

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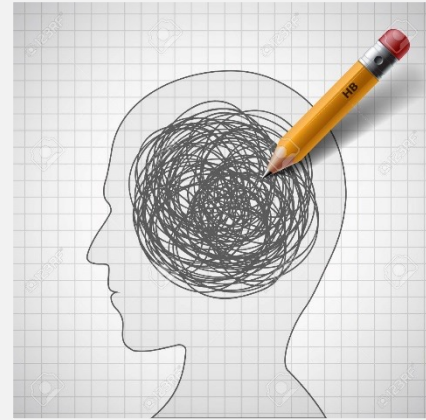
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The case for SEL and the Connection to Well-being



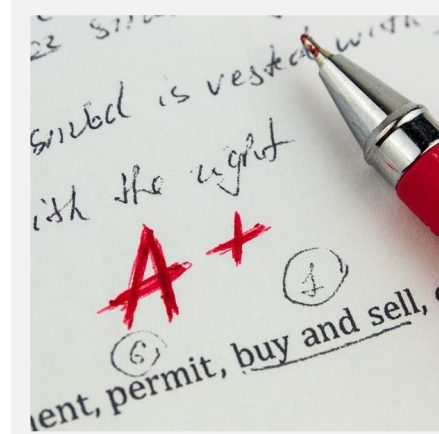
The Future of Work

How can education equip all young people with the skills and competencies for rapidly-evolving economies and the digital revolution?



Mental Health

What can education do to help promote well-being and reduce mental health challenges?



Educational Attainment

How can we improve learning outcomes in all contexts, especially for those children and adults on the margins of society?



Social Cohesion

How can we help young people feel confident in their own identities and vested in community at local to global levels?



Achieving the SDGs

What skills and behaviors do populations need in order to achieve the Sustainable Development Goals?



OECD Survey of Social and Emotional Skills





Beyond Academic Learning

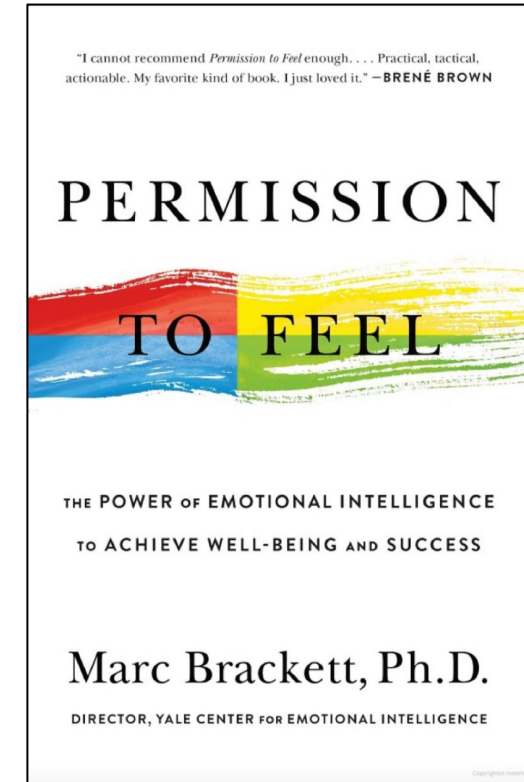
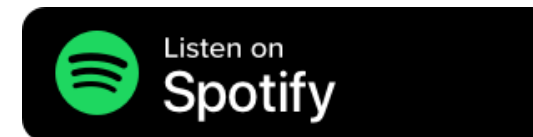
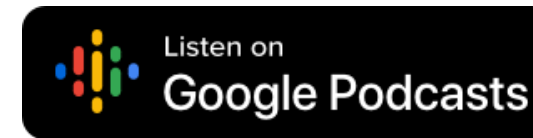
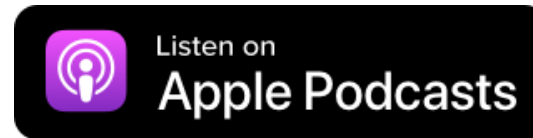
FIRST RESULTS FROM THE SURVEY OF SOCIAL
AND EMOTIONAL SKILLS



*“Social and emotional skills are strongly
related to well-being.”*

OECD (2021), Beyond Academic Learning: First Results from the Survey of Social and Emotional Skills, OECD Publishing, Paris, <https://doi.org/10.1787/92a11084-en>.

Great Resources



MOOD METER

How are you feeling?



Credit: RULER, Yale Center for Emotional Intelligence

Great Resources



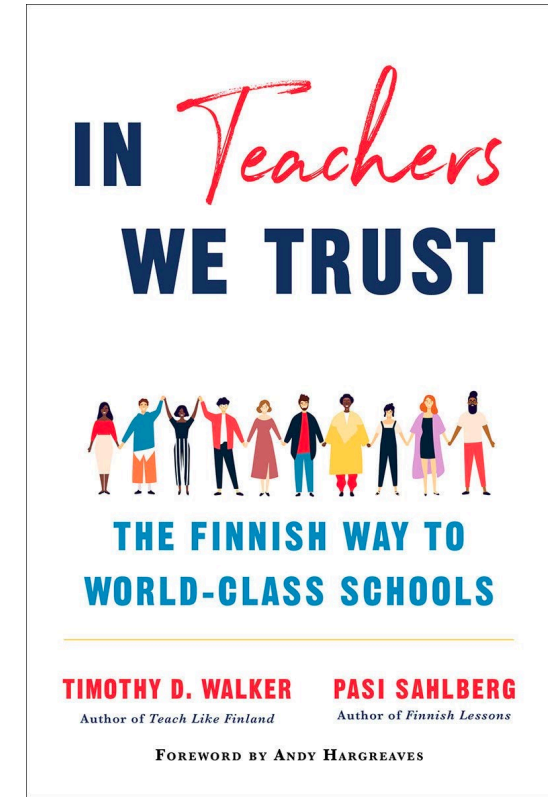
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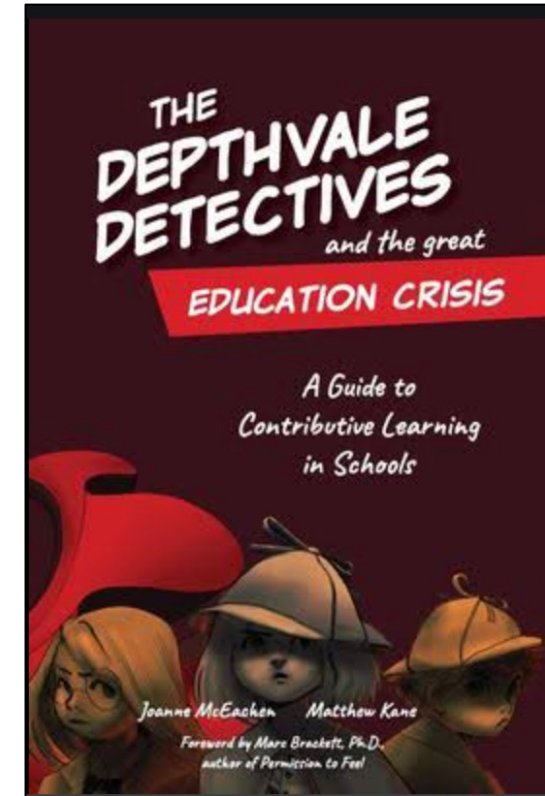
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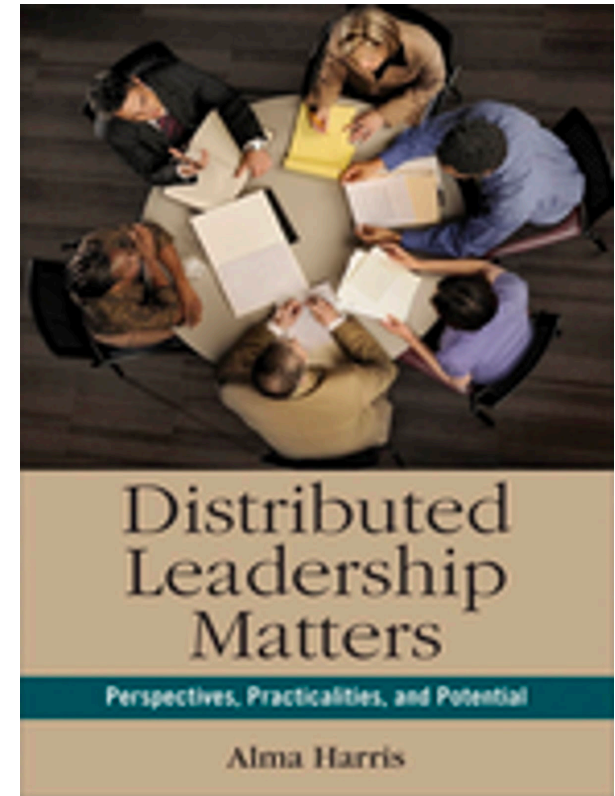
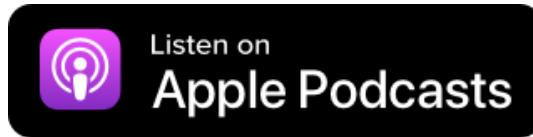
CONTRIBUTIVE LEARNING

A step-by-step guided series to **support teachers** to seamlessly **integrate SEL and academic goals** in lessons designed for the students in front of them.

- Proven **tools**, process and rubrics for **teachers**, students and leaders
- **Strategic pedagogical steps** to better support students, **build teacher confidence**, and enhance lesson design and assessment.
- **Positive shifts in teacher practice, confidence, and well-being**
- Improved academic and social-emotional outcomes for students.
- **The easy-to-implement delivery makes teachers' lives easier by lessening workload and increasing professional engagement**

- Joanne McEachen, *The Learner First*

Great Resources



Creating the Conditions for Teacher Well-Being



Advice to School and System Leaders...

1. Relationships
2. Working Conditions
3. Leadership
4. Professional Learning
5. Policies