



## Wellbeing

This term's research theme is wellbeing. Below you will find a range of research literature and research-informed resources to support the development of wellbeing in pupils and teachers, and to help you understand the link between pupil/staff wellbeing and learning outcomes.

### Wellbeing for children and young people

This [report](#) from Young Minds reports on wellbeing statistics for pupils and the need for more support for wellbeing in schools.

This [government study](#) has one section which explores national trends in wellbeing for children and adolescents, as well as the connection between deprivation and low wellbeing.

This [review](#) of research into adolescent mental health explores the most common disorders and warning signs, plus it offers a

This [DFE report](#) covers how to identify and support pupils whose behaviour suggests they may have unmet mental health needs.

[Anna Freud Toolkit](#), listing free and commercially available assessment tools to assess pupil wellbeing and mental health

This [EEF literature review](#) explores a range of types of non-cognitive skills and the impact of studies to develop them on pupils' learning. These include self-perceptions, resilience and coping.

### Wellbeing for staff

The study reports that school staff are more satisfied and more contented with their jobs than "like" employees in other workplaces and that increases in organizational commitment are linked to improvements in workplace performance in schools. "[Are Schools Different? Wellbeing and Commitment among Staff in Schools and Elsewhere](#)".

This [scoping report](#) explores the concepts behind, evidence supporting and application of growth mind-set through qualitative and quantitative research and describes how a focus on mind-set might improve emotional wellbeing.

In this first UK study of its kind, average levels of teacher wellbeing within schools was found to be linked to pupil performance as assessed by SATs and value-added measures. [Staff wellbeing is key to school success. A research study into the links between staff wellbeing and school performance.](#)

This study explores the factors that foster and support teacher wellbeing. Paterson, A., and Grantham, R (2016) [How to make teachers happy: An exploration of teacher wellbeing in the primary school context.](#)

Young Minds offers a [toolkit](#) for supporting the wellbeing of teachers and school staff

If you would like us to explore a particular theme in next term's Research Journal, please email [info@southwarktsa.co.uk](mailto:info@southwarktsa.co.uk)