

Learning Reps News

Looking after your wellbeing

Edinburgh Local Association

Well I don't know about you, but the summer holidays feel like a lifetime ago! We all seem to have fallen back into the same working patterns and making sure that we are doing the best we can for our students. Even when we don't have students' classrooms, we are undertaking training, courses and the like to help deliver a better learning experience for our pupils. But, I guess I wanted to ask the question when planning your own personal CPD for the year, how many of those 35 hours are you dedicating to doing something for your own personal wellbeing? I talk from experience in saying that for a long time my answer would be between 1-2 hours if at all. In the current climate in our schools and society in general, that is something we all need to change. With that thought in mind we have been working on a few projects.



Dominic had spoken about this in our April update:

“Professional Learning is your entitlement and to be clear the EIS is very firmly of the belief that members should decide their own PL priorities. These will ultimately be supportively discussed through your professional learning conversations and in your annual PRD meeting. Because this is an ongoing process we are all able to contribute to whole school (and faculty) improvement planning so ultimately it does make some sense that our own PL needs are to some extent aligned with our establishment improvement priorities.”

Dominic Shaikh, EIS Reps newsletter, April 2022

I think this is a message that is so important to reinforce. As an EIS learning rep in Edinburgh, I am being given a fantastic opportunity to work alongside some fantastic colleagues under this health and wellbeing banner. Working alongside the fantastic Claire Young an EIS colleague and a driving force in in this area we aim to offer three workshops over the course of this academic session in Edinburgh. Claire, myself and Dominic have identified three key areas that we feel would be of value to our members:

- Knowing your professional boundaries in the workplace.
- Knowing and identifying priorities in our places of work.
- Supporting members through PRD and making it work for you.

We believe that supporting members through these workshops, we can make a tangible difference to your work life balance. I would love it if as many members as possible signed up and supported these workshops. I believe that dedicating some more time to your own health and wellbeing can make a massive difference to us not just as individuals, but as a profession. We have already established that professional update is a process where teachers should take more control and decide our own professional learning priorities, why not take the first step on that

road putting your own health and wellbeing at the forefront of your professional learning this year. We can't promise success, but ask yourself what have you got to lose from breaking out of the old routine and trying something different. We aim to get more details out to members in terms of exact dates for these courses in due course. Our initial thoughts are these courses will happen digitally perhaps running from 4.30-5.30 and you can engage with them from the comfort of your own should you wish or have time to pour a nice cup of tea settle down in your own classroom and not have the stress of travelling, fighting traffic to make it to an in-person meeting.

If there are any other aspects of work pertaining to health and wellbeing that you feel that we are overlooking or could offer support on in terms of professional learning please don't hesitate to contact myself or Dominic.

What else can we do for you?

Well, it occurred to me that you may be reading this latest bulletin, and perhaps be none the wiser as to what a learning rep does. Well, the main role of the learning rep is to support and advise our members in all aspects of their professional learning, including supporting members with advice on their PRD's and professional update.

Within Edinburgh over the last year myself and Dominic have been working closely with our colleagues at the City of Edinburgh Council looking at the '*Teachers Charter*' and how that sits within the learning agenda. We have also managed to maintain previously established links within the GTC, this helps us as reps better understand the professional update process and give the best advice and support possible to our members.

We are always happy to support members and offer advice where we can. Please do not hesitate to get in touch we will always try to get back to you as soon as possible. Hopefully we get the chance to meet and engage with some of you soon.

Best wishes
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[Learning for Sustainability - The General Teaching Council for Scotland \(gtcs.org.uk\)](https://www.gtcs.org.uk)

[Professional Review and Development - The General Teaching Council for Scotland \(gtcs.org.uk\)](https://www.gtcs.org.uk)

[Exploring Learning for Sustainability in the GTCS Standards – Scottish Educational Journal \(sej.org.uk\)](https://www.sej.org.uk)