



GIVE THE GIFT OF TIME THIS HOLIDAY SEASON

Extra time during the school day is a welcomed gift.
Which gift idea works for your school building?



Rather than a faculty meeting, provide staff with time for other professional responsibilities:

- grading papers
- creating slides
- making lesson plans
- collaborating as a content team




Create teacher pairs that can cover one another's classes during assemblies to create time for:

- compiling data for an upcoming I&RS meeting
- preparing for an upcoming CST meeting
- making positive phone calls to parents



Invite support staff members to read a picture book or chapter of a novel to students allowing the teacher to:

- use the bathroom
- walk the hallways for a quick break



Use staff or substitute teachers to cover an assigned hallway, lunch, or recess duty, allowing teachers to accomplish any number of tasks.

We encourage you to ask staff for additional ideas on how they can support one another. Acknowledging their need for time demonstrates that you appreciate them and their circumstances.



For YOU!

In 2023, we will begin our series on how the U.S. Surgeon General's **Framework for Workplace Mental Health & Well-Being** can apply to your school.



Thrive Alliance Group

