



We've got your back this school year

Find support for the entire year with this timely guide for teacher and staff well-being.

Research shows that a comprehensive well-being strategy can improve your teacher and staff retention rate by up to 16%.* Better retention improves school climate and increases student attendance and academic achievement.

School and district leaders can follow this calendar of resources to begin or improve their well-being strategy. To access some of these resources, you'll need to create a free account. Kaiser Permanente is here to support all of you, in and out of school.



Fall – Build connection

Positive social connections at work, including a sense of belonging and teamwork, can protect against stress. Support your team with webinars, activity guides, and strategic recommendations. To access some of these resources, you'll need to create a free account.

- [Positive staff relationship webinar](#)
- [Guide on giving and receiving feedback](#) to strengthen staff connectedness
- [Tips to build a positive work culture](#)

*Havala Hanson and Matthew Kraft, "Belonging & Well-being: Key Pieces of the Teacher Retention Puzzle," Upbeat, 2024.

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Winter – Encourage work-life harmony

Support mindfulness, autonomy, and overall well-being by helping your team create designated quiet spaces, build boundaries, and manage workloads. Use our tips and space planning tools to promote healthy work-life harmony for your educators.

- [Tips on creating well-being spaces](#)
- [Tool for healthy boundary setting](#)
- Guides to managing [individual](#) and [collective](#) workloads



Spring – Focus on what matters

Foster meaning and value by creating a respectful and inclusive school climate. Support your educators by promoting well-being resources and schoolwide strategies.

- [Me Moments hub](#)
- [Trauma-informed policy resource](#)
- [Mental health awareness training](#)



Summer – Reset, recharge, and plan

Reflect and prepare for school next year. Use these resources to start building a culture of health and well-being for the year ahead.

- [Workforce Well-Being Program toolkit](#)
- [Building a Thriving Staff microtraining videos](#)
- [Thriving Schools Integrated Assessment](#)

Year-round – Good health is always on the agenda

Promote healthy living year-round using monthly health communications, lifestyle toolkits, and crisis support resources. Small steps lead to lasting change.

- [Monthly health topics](#)
- [Healthy lifestyle toolkit](#)
- [Address the early signs of employee burnout](#)

Explore more resources in the [Back to School Tip Sheet](#).

