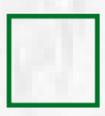


# SHSG Work and Wellbeing Charter

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As a family and community, we will look out for one another, challenge each other to achieve our best, and inspire each other through great ideas, amazing work and supportive actions. This will be achieved by:

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## 01

### Re-imagine what learning looks like

We cannot put our SHSG *normal* school modus operandi straight into the *new-normal* virtual model. Lessons are not 5x1 hour per day. Take your time. Pace yourself. Enjoy your learning experiences. Learning in some subjects should feel more like longer projects, not quick-fire tests.

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## 02

### Be realistic about expectations

Your wellbeing is our priority. Nobody has to prove themselves. You all work incredibly hard. We know that. Do not get stressed about work. Stop. Take lots of time out. Go outside if possible and enjoy some fresh air,

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## 03

### Know that 'less is more'

Nobody is expecting you to send or respond to lots of emails. We have 1200+ students and 150 staff. Feedback will need to be different, with 'whole-class' feedback and sharing examples of good practice. Sometimes students will get personalised feedback - but not every day or every week. Less volume but higher-quality. Less is more.

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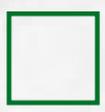


## 04

### But stay connected

The SHSG Family is not just the SHSG building. It is our community. Although we don't want a plethora of emails, we do want you to share your stories, to tell us how to get better at leading and managing this virtual world, and to help us check in on your wellbeing. Stay connected.

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## 05

### Enjoy the time with your family

What the world is going through is challenging. However, it has presented us with an opportunity to be together as families. Talk about the school work together. Read and explore ideas together. Perhaps learn new things together. Do some fun things together.

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## A marathon not a sprint

WE ARE LIKE RUNNERS AT THE START OF A MARATHON. LET'S BE CAREFUL NOT TO RACE AHEAD; WE NEED TO PACE OURSELVES. WE DON'T EVEN KNOW HOW LONG THIS EVENT WILL CONTINUE FOR AND WHERE THE END POINT IS. SO, STEP BY STEP. GET THE PACE AND THE RHYTHM RIGHT. LOTS OF BREAKS. ENJOY BEING TOGETHER AS A FAMILY.

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