



# Book of the Month



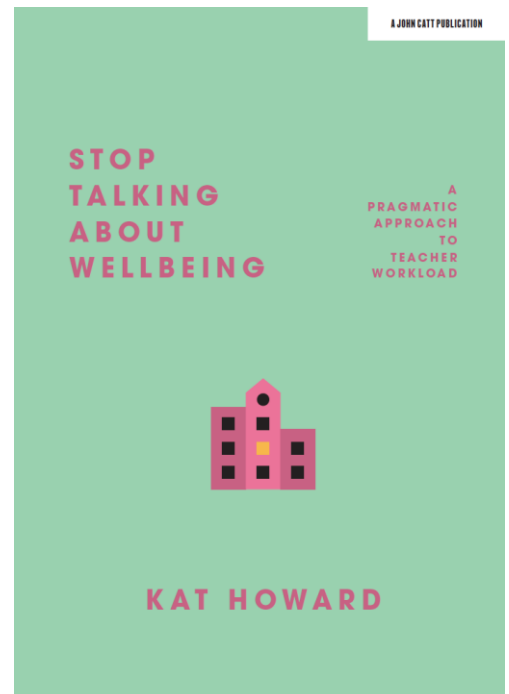
## STOP TALKING ABOUT WELLBEING - A PRAGMATIC APPROACH TO TEACHER WORKLOAD - BY KAT HOWARD

### ABOUT THE BOOK

I began reading this book because I am interested in the 'pastoral system' but what transpired was questioning every aspect of wellbeing within the profession and ultimately coming to some very important conclusions.

Kat beautiful outlines in blunt detail and often humour the events going on in schools that are contributing to the retention crisis – something we all know is a disaster in our profession. Some of the stories are shocking and at times filled me with rage. In contrast though, Kat, often responds to this negativity with practical solutions that make you examine how your school is run, how you work and how to adapt your workload management to support your own wellbeing. A sentence that stuck with me is that 'people are human beings first, and professionals second'. This is the most valid point she makes, and the book constantly refers back to this point.

The book examines a wide range of topics such as 'the why' within teaching, why teaching can be a physical struggle, the myths within teaching, imposter syndrome, workload, human contact, connection and more. With 1 in 5 teachers suffering from panic attacks, half having concentration issues and many struggling to sleep, it is not only our duty as colleagues to read this book, but completely necessary for our own health and sanity. I could not recommend this book enough and will put it on my list to read every year!



## POSSIBLE WAYS TO INCORPORATE THE BOOK INTO YOUR PRACTICE

For me, the best part of this book is that Kat has included 'a reading route'. She has recommended routes for reading the book depending on where the reader is on their journey within teaching. It allows the reader to change and adapt how they read the book as they move up their career – whilst being able to come back to the book and gain more insight. Just like her main point, teacher CPD can not be a 'one fits all' approach as each teacher is learning and developing at different rates. Therefore as you move up through the leadership ranks you will gain new information and insight from the book meaning it is useful for every teacher at every point of their career.

As an NQT I was recommended to read it as the following:

My why > the nature of the beast > being human > imposter syndrome > objective rebellion > a manifesto for workload.

Each part was insightful, valuable and made me question the profession and how I work within it.

## REVIEWS FROM TWITTER:

'Honest and insightful' - @MissCowiePE

'Far too many teachers have had enough of gestures in the name of 'wellbeing'... A great book, beautifully written & filled with evidence.' - @j\_pabla\_

## USEFUL RESOURCES AND OTHER LINKS

Kat Howard is an experienced English teacher and is the founder of LitDrive – a non profit organisation that supports English teachers. Her sites include:

Twitter = @SaysMiss

Website = [saysmiss.wordpress.com](http://saysmiss.wordpress.com)

LitDrive = @LitdriveUK & [litdrive.org.uk](http://litdrive.org.uk)

Kat has a new book due out in September written with @Claire\_Hill\_ called 'Symbiosis: The Curriculum and the Classroom'. It promises to blend research and practical advice for designing and delivering an effective curriculum.