



Managing workload

further resources



Workload and wellbeing



A high workload can have a big impact on your whole school. It can influence teachers' decisions, lead to stress and anxiety, and ultimately affect pupil outcomes.

Below we've shared some strategies to help reduce workload in your school, including links to further resources.

Assess school workload

By taking some time to think about your workload you can tailor your plan of action.

[Discover DfE toolkit](#)

[Discover more from Teacher Toolkit](#)

Explore your communication style

While emails are a vital tool for communicating with your colleagues, it's worth considering how and when you send these messages.

[Discover more from Teacher Wire](#)

Reduce marking

Marking is one of the main time-eating activities. Strategies to explore include 'live' marking, verbal feedback and self and peer assessment.

[Discover more
from Research
Schools Network](#)

Review staff meetings

If you've already got a lot of work to do, you're not always going to be the most engaged in a long meeting, and there might be alternatives you could explore.

[Discover more
from Teacher
Toolkit](#)

Set and share clear targets

Establishing clear targets to monitor progress can allow you to understand what you should be focusing on and why.

[Discover more on
goal setting](#)

Review behaviour policy

Having a consistent behaviour management policy and processes could also save your whole community a lot of time in the long run.

[Discover more
from Team Satchel](#)

Find that work-life balance

One of the difficulties in finding a balance is that life constantly changes, as does the amount of pressure at work. The key is to have strategies and techniques ready to use when needed.

[Discover more
from Education
Support](#)

