

Richard Lander School

161 employees
Large comprehensive school in
Truro



Healthy
Workplace

What we do:

We create a safe and effective learning environment for 1470 11-16 year olds.

Why we became a healthy workplace:

Staff Health and Wellbeing is central to a school's success.

Recent health and well being activities:

After work fitness classes.

After work yoga classes.

Mindfulness INSET.

NHS over 40s health checks.

Plans aims for the next year:

Get involved in a variety of health awareness charities.

Quote feedback from Director:

Richard Lander School is proud to be a Silver Healthy Workplace Award winner.

Quote feedback from Staff:

Proud to work in a Healthy Workplace

Success Story:

This could be a very long list! Without naming names, 'several' staff have joined the after work fitness sessions and have continued to enjoy them all year.



Simple ways to support staff health and wellbeing can be found here:
<https://www.cornwallhealthyschools.org/wellbeing/staff-wellbeing/>