



# THE TEACHING YEAR with Belinda Webb

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## Video Transcript

*This transcript is of Edition #9 – How are we going and where to next?*

Belinda:	<a href="#">00:00</a>	Welcome back to the teaching year. it's the middle of winter and most probably, by now you're feeling a little run down. For those of you who've been working since the beginning of the year, or for those of you who've had their first full time work experience since leaving university, navigating all the work and pressures that come along with that, including assessment, reporting, planning and teaching and having a sense of energy every day in the classroom can, at this time of year get a little draining and you can start to feel a little run down.
Belinda:	<a href="#">00:34</a>	You can put some hygiene habits in place with your students to make sure that you alleviate opportunity for the spread of disease and assist with making everyone as well as possible during this time. It's inevitable that you will most likely get sick if you haven't already, and I just wanted to say that if you are unwell, it's ok to take a day off if you need it to make sure that you can rejuvenate, rest up, and get yourself well again. You're better to have a day off and push through and come to work if you're really not well, potentially making all the students or staff sick, or making it a long time for you to take off when you're not feeling well. Have a chat to the people about you and think about some things that are gonna make it easier for you during this time. A suggestion might be to prep some meals on the weekend. Winter is a really great time to do this as they're easily reheated after a long day at work and ensure that you're still eating well and looking at yourself and make sure that you're getting enough rest.