

BRAIN GYM

Why teachers need to 'care less' to avoid burnout

Key Takeways

Experts now argue that to survive – and thrive – in the profession, teachers may need to care less. Not about their students, but about the constant performance and bureaucratic box-ticking, so they can reinvest their energy into the meaningful, human connections that drew them to teaching in the first place.

AITSL Standards: 4, 6 & 7

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Tasmania trials new school model; hopes to lift student achievement and ease pressure on teachers

Key Takeways

The trial draws on strong international evidence from England's multi-academy trust system, where more than 70 percent of previously underperforming schools improved to "Good" or "Outstanding" after joining similar shared leadership structures. Research has shown that part of the model's impact comes from freeing principals from back-office administration, enabling a greater focus on teaching quality and teacher development.

AITSL Standards: 1 & 6

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This Week's Mini PD

THE TROUBLE TREE

Author Unknown

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tyre made him lose an hour of work, his electric saw quit, and now his ancient ute refused to start. While I drove him home, he sat in stony silence.

On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure, troubles don't belong in the house with my wife and the children. So I just hang them on the tree every night when I come home. Then in the morning I pick them up again."

He paused.

"Funny thing is," he smiled, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before."



Wellbeing Spotlight

Many leaders want to do things differently. They care deeply about their staff and are acutely aware of the pressures people are under. At the same time, they operate within systems that prioritise pace, performance, and compliance, often leaving little space to pause, reflect, or recalibrate.

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Drop of Wisdom

Let your focus
be stronger
than your
distractions

Happy, Silly Thoughts

Advice is what
we ask for when
we know the
answer but wish
we didn't.
Erica Jong

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