

# Welcome to the start of your new career

## Find the latest guidance

You can find [all the latest guidance on school reopening on GOV.UK](#). You might find the section on [curriculum, behaviour and pastoral support](#) particularly helpful.

To help you with contingency planning for both remote and in-school lessons, [Oak National](#)

[Academy](#) has published their curriculum plans for next year, including nearly 10,000 lessons and resources.

To help you develop your own plans in a way that works for your pupils' needs, we have also published a helpful [behaviour checklist](#).

## Get support on wellbeing

Sometimes teaching can be challenging. Your own wellbeing is a priority and we want you to get the help you need, when you need it. Your school should already have mechanisms to support your wellbeing, whether it's managing your workload or getting work-life balance right.

If you need extra help, the [Education Support Partnership](#) is a charity dedicated to supporting the mental health and wellbeing of teachers. They offer resources, videos and a free helpline on 08000 562 561, open 24 hours a day.

## Early Career Framework (ECF)

Almost everyone starting their teaching career this autumn will have had a disrupted ITT experience. To help you focus on learning the things that make the most difference in the classroom, we have published the [ECF Core Induction Programmes](#) ahead of schedule this year.

The induction programmes are high-quality development materials, underpinned by the ECF. You can use these materials in a variety of different way, including as self-study materials, or as the basis for your school to design their own programme of support and development.

## Read stories from other teachers

The [DfE Teaching Blog](#) is a resource for teachers, by teachers. You will find top tips for NQTs, examples of best practice and inspiration to spark new ideas in your classroom.

## Get the latest updates in your inbox

Our Teacher Bulletin provides a regular roundup of the latest advice and information from the DfE. [Subscribe now](#).

We're always on the lookout for new stories from teachers. If you'd like to share your experiences on our blog or in a video, please get in touch at [blog.bulletin@education.gov.uk](mailto:blog.bulletin@education.gov.uk).

