

# **Take control of your working hours**



**Did you know that average weekly working hours remain above 50 for most categories of teacher?**

**Did you know that there are statutory limits to how many hours head teachers can direct you to work?**

**Knowing these statutory limits, and ensuring they are adhered to, will protect your work/life balance. See overleaf for details.**



## Ensure working time arrangements are in line with these key points:

- Head teachers can direct you to work no more than 1265 hours a year (just under 32.5 hours per week for a full-time teacher).
- Whatever else you decide you need to do as part of your professional role can be done at a time and place of **your** choosing.
- **This term**, schools should consult on, and then publish, a directed time calendar in advance of the new academic year, which seeks to maintain a reasonable work/life balance. See *Teachers' Working Time and Duties – an NUT Guide* at the address below for examples of a calendar.
- Keep track of your own working time using the NUT time sheet *Work Your Proper Hours* from [www.teachers.org.uk/workload](http://www.teachers.org.uk/workload).

**If NUT members in your school are being directed to work too many hours, get together to discuss an approach to your head teacher. Contact your division/association secretary for help and support, or to tell them of your success.**