

## Wellbeing Award update Michaelmas 2019

Dear Parents and Guardians,

I would like to take this opportunity to update you on our progress with the Award this term.



Firstly, thank you very much for engaging in our efforts to assess our current provision by taking the time to fill in the parent evaluation form. Your responses along with student and staff responses have now been analysed. The results show that overall stakeholders agree that everyone involved in school needs to look out for each other when it comes to emotional wellbeing and mental health and have a good understanding of the importance of emotional wellbeing on a learner's performance. This will allow us to pin point areas of focus over the next 12 months. Some of our areas of focus over the next term are:

- Engagement and channels of communication with parents.
- Working with the Wellbeing student Action Team to encourage discussion about mental health and support for all of our students.
- Support for colleague's emotional wellbeing and mental health.

## Our wellbeing vision statement

I am pleased to share with you our wellbeing vision statement. This is the product of much discussion and development by our College Change Team to ensure The Ladies' College captures the importance and promotion of positive wellbeing and mental health across the whole College community.

### Our Wellbeing Vision Statement

**At The Ladies' College we:**

Commit to **promoting positive wellbeing** throughout our College community.

**Understand** the importance of wellbeing and the role it plays in creating an environment where all are healthy, happy and achieve their best.

**Listen, support and respond** to the views of our community and provide opportunities to equip all with the tools needed to maintain a positive wellbeing.

## Wellbeing events this term

### *Parent session*

This term College have worked hard to raise the profile of positive wellbeing and support mental health across the College community.

Thank you to those parents who attended our wellbeing evening last month. Taking on board some of your suggestions and feedback from our May parent session, we were pleased to welcome back Self Esteem Team. We have since received a lot of positive feedback (including a 5-star rating for the event!) from the evening, our speaker, Kay and the messages he delivered linked to supporting girls' wellbeing.



★★★★★  
4.82 Average Rating

### ***Student session***

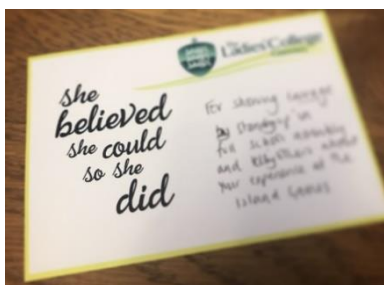
We were delighted to hold a wellbeing morning in College after half term. All students, Remove to Upper Sixth, took the morning to relax with a yoga session, get active with a Zumba session and engage in a workshop with Kay from the Self Esteem Team. I am very grateful to the members of the pastoral team who also ran sessions with their year groups on self-esteem and social media as well as Mrs Ogier, our College Counsellor, who facilitated sessions on 'managing your critical voice'. In addition to these sessions, all Senior School students met their tutor for 1-2-1 sessions to review the term, discuss their interim reviews and to set targets. We have received some very positive feedback from the students and look forward to putting on similar events in future.



You said....	We did...
<ul style="list-style-type: none"> <li>➤ “It would be useful to suggest questions or topics in advance of the evening”</li> <li>➤ “It would be useful for the girls to hear a similar message to parents and staff”</li> </ul>	<ul style="list-style-type: none"> <li>✓ Emailed parents in advance of the evening to gather questions/topics for Kay to cover during the session</li> <li>✓ Followed up the parent session with student sessions the following day</li> </ul>

### ***Engagement from our students***

As always, the students continue to engage in a variety of wellbeing activities in College. We are very grateful to the Youth Commission and Savills for spending lunch with us during the week of the campaign handing out wristbands and talking to the students informally about signs of bullying and what to do if they find themselves or others in these circumstances. We have introduced monthly values into our assembly programme this year. It has been wonderful to hear the student's interpretation of these values in their form assemblies. The Head Girl Team and Prefects have also delivered assemblies on courage and respect leaving the rest of the College with powerful messages related to these



values. As a staff, we have been recognising these values in our students and continue to send out postcards congratulating them for their achievements.

We have run a term of student voice opportunities including Action Teams and Deputy Dozen. We have been overwhelmed with the number of students keen to get involved and have their say. Our Environment Action Team led by Ella James in Upper Sixth has over 50 students attending meetings and they have used this enthusiasm to run environmentally friendly, social activities such as beach cleans, evenings making boomerang bags and who can forget the upcoming swishing party! We have met as a student wellbeing team to discuss the results of the recent student WAS questionnaire and will spend time next term taking steps to develop and promote positive wellbeing within the College community. Deputy Dozen has given all of our students (through Form Captain representation) the opportunity to feedback their experiences of the term so far. The focus of the sessions has been: *What are the highlights and what have been the challenges of the term?* Overall, the students have enjoyed this term with highlights including the French trip for Lower Four, wellbeing morning and the food in The Core! All of their requests and concerns will be followed up and fed back.

As we approach Christmas, I will leave you with our wellbeing advent calendar, which is proving popular each morning (mostly down to the race to get the treat inside the envelope). I hope that the messages are having a positive impact on the girls' wellbeing at this busy time of year.

### **Keeping up to date with our progress**

I hope that this newsletter gives you an update of just some of the things going on in College this term linked to wellbeing.

I am pleased to inform you that you can now visit the College website for the latest updates on our Wellbeing Award journey as well as useful websites for mental health support both locally and nationally.

<https://www.ladiescollege.com/information/wellbeing-award-for-schools>

Have a wonderful Christmas. I will be beginning Maternity Leave in January but look forward to seeing you again in Trinity Term. Mrs Clancy will kindly be leading the award in my absence.

With best wishes

V Mitchell

Dr Vanessa Mitchell  
**Deputy Principal (Pastoral)**

