



16th September 2020

Dear Parents and Guardians

I hope the first few weeks back in the school routine have treated you well. The girls appear to have settled back into College and we are pleased to have the vibrant community feel in the building again following the summer break.

As we begin a new academic year, I would like to update you on progress with our journey to achieve the Wellbeing Award for Schools (WAS). Wellbeing should be at the heart of what we do at College, but this award allows us additional opportunities to scrutinize, gain feedback from stakeholders and develop our provision centred around our wellbeing vision.

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.*

At the end of last academic year, we sent out stakeholder questionnaires. Many thanks to those parents who responded. The results of the questionnaire informed our next steps, some of which I would like to share with you. Despite lockdown and the changes it brought to school life earlier this year, I hope you will agree that our focus on wellbeing remained a constant. I am grateful to the Wellbeing Team and our staff who kept wellbeing at the forefront of our provision. Whilst it has led to some delays in implementing some of our original WAS plans, it has not hindered our progression towards achieving the award. I hope that the following gives you a clear update of the feedback provided through the questionnaire, the areas of priority identified and discussed in the respective wellbeing teams and the actions that have arisen so far.

Students

We have a wonderful student Wellbeing Action Team who have spent time discussing the results of the student survey; what they believe the priorities are, and what can feasibly be put into action.



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Questionnaire feedback: What did they say?

- Some students struggle to talk to/approach staff in College about mental health.
- Students would like to understand more about mental health and for their teachers to have a greater understanding.

Areas we can develop/prioritise...

- Develop and reinforce current support systems.
- Opportunities to learn about mental health to support themselves and others.
- Professional development opportunities for staff linked to mental health and supporting students.

What did we do?

Developments so far and planned for this term...

- Fortnightly drop-in sessions with the College nurse in addition to the College Counsellor.
- Staff made aware that anxious students may wish to sit outside and re-join lesson when they feel better.
- Information on wellbeing and supporting others added to student planners.
- Information on wellbeing and supporting students added to staff handbook.
- Addition of trousers to the uniform list.
- Wellbeing morning, including sessions with Self Esteem Team and College Counsellor.
- Wellbeing focus during lockdown including wellbeing questionnaires and follow up sessions.

This term...

- Yoga sessions for students
- Introduction of 'Wellbeing Wednesdays'
- Wellbeing Champions training with Mrs Ogier (Counsellor)
- Mental Health and Wellbeing awareness training and CPD opportunities for staff

Parents

Many thanks to those of you who volunteered to be part of our Parents' Wellbeing Team. Following a meeting earlier this year, our parent committee discussed opportunities and areas for development.

Questionnaire feedback: What did you say?

- Communication and understanding of systems of support

Areas we can develop...

- Greater publicity of pathways for support
- Promotion of the support available in College

What did we do?

Developments so far and planned for this term...

- Parent Wellbeing Group established
- Webpages set up with details of pastoral support and WAS
- Opportunities for family support during before and during lockdown – including Guernsey Mind presentation “supporting your family’s wellbeing during lockdown”

This term...

- Regular communication with parents linked to wellbeing/College life update

- Publicity of pathways of support

The teams will be meeting in the coming weeks to review our progression and discuss next steps. Further updates will be communicated with you as well as posted on The Ladies' College [WAS webpage](#)

Yours sincerely,



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