



Well-being  
#TLCgsy

# Well-being Award progress so far

December 2020



promoting  
emotional  
wellbeing  
and positive  
mental  
health

in partnership with



# Students



<p><b>Aim</b></p> <p>Develop and reinforce systems for support in College</p>	<p><b>Intended outcome</b></p> <p>Students feel comfortable talking about how I am feeling at school and that they know others care and want to support</p>
<p><b>Steps towards outcome</b></p> <ul style="list-style-type: none"> <li>✦ Addition of well-being support and pathways in planner</li> <li>✦ Well-being Action Team established</li> <li>✦ Well-being Champions trained</li> <li>✦ 1-to-1's including during lockdown</li> <li>✦ Individual examples from pastoral support for individual students</li> <li>✦ Rolling YCs and tutors</li> <li>✦ Well-being surveys</li> </ul>	

<p><b>Aim</b></p> <p>Ensure a range of opportunities for stress relief in College are promoted</p>	<p><b>Intended outcome</b></p> <p>Offer opportunities that students can opt into to take part in to promote MH&amp;WB</p>
<p><b>Steps towards outcome</b></p> <ul style="list-style-type: none"> <li>✦ Co-curricular timetable (Friday clubs)</li> <li>✦ Yoga at lunchtimes</li> <li>✦ Well-being mornings</li> <li>✦ Fitness Friday – Sixth Form</li> <li>✦ Well-being Wednesday</li> <li>✦ Board games available for break and lunchtime (phone free Friday)</li> <li>✦ Mental Health Awareness Week</li> <li>✦ Active travel</li> </ul>	

<p><b>Aim</b></p> <p>Opportunities to learn about mental health to support themselves and others</p>	<p><b>Intended outcome</b></p> <p>Students knowing there are other areas of support should they wish to seek support not from a teacher</p>
<p><b>Steps towards outcome</b></p> <ul style="list-style-type: none"> <li>✦ Noticeboards in College</li> <li>✦ Well-being Champions</li> <li>✦ Assemblies, tutor time</li> <li>✦ PSHCE</li> <li>✦ Well-being mornings</li> <li>✦ Mental Health Awareness Week</li> </ul>	

<p><b>Aim</b></p> <p>Develop and encourage student voice opportunities</p>	<p><b>Intended outcome</b></p> <p>Students knowing there are other areas of support should they wish to seek support not from a teacher</p>
<p><b>Steps towards outcome</b></p> <ul style="list-style-type: none"> <li>✦ Action Teams</li> <li>✦ Deputy's Dozen</li> <li>✦ Suggestion box for students and suggestions discussed in a wellbeing meeting and RAG rated for feedback to students</li> <li>✦ Well-being surveys</li> </ul>	

<p><b>Aim</b></p> <p>Training staff on mental health and signs of distress</p>	<p><b>Intended outcome</b></p> <p>Students feel that staff know when I am feeling worried or unhappy</p>
<p><b>Steps towards outcome</b></p> <ul style="list-style-type: none"> <li>✦ Action Team discussed how they would like staff to support – specifically linked to anxiety in the classroom and this has been added to the staff handbook</li> <li>✦ Staff INSET</li> <li>✦ Staff CPD opportunities</li> </ul>	

# Parents



Aim	Intended outcome
Parents informed on support systems in College	Awareness that everyone in school supports each other if they are feeling worried or unhappy
<b>Steps towards outcome</b> <ul style="list-style-type: none"> <li>✦ Referral pathways added to College website</li> <li>✦ FAQs</li> <li>✦ Well-being parent sessions</li> <li>✦ Curriculum Evening</li> <li>✦ Parent Handbook</li> <li>✦ Development of pastoral webpage including external support links</li> </ul>	

Aim	Intended outcome
Parents feeling involved in College life	Parents knowing what is happening and feel they can contact us
<b>Steps towards outcome</b> <ul style="list-style-type: none"> <li>✦ FAQs</li> <li>✦ Parent Well-being Champions</li> <li>✦ Parent Well-being email address to give feedback/ask questions</li> <li>✦ Curriculum Evenings</li> <li>✦ Well-being evenings</li> <li>✦ PTA and Guild Events</li> </ul>	

Aim	Intended outcome
Raising the profile of well-being in College	Awareness that everyone in school supports each other if they are feeling worried or unhappy
<b>Steps towards outcome</b> <ul style="list-style-type: none"> <li>✦ FB posts/stories</li> <li>✦ Local media stories</li> <li>✦ Well-being presentations to parents</li> <li>✦ Curriculum Evenings</li> </ul>	

