

WELLBEING POLICY

1. Preamble

Wellbeing is a holistic subjective state which is present when a range of feelings including energy, confidence, openness, enjoyment, happiness, calm and caring are combined and balanced. *(Stewart-Brown Roberts)* As a school we realise that all need to feel secure and happy to achieve their potential.

It is generally agreed that wellbeing may be considered under four broad sub-headings.

- 1.1 **Physical wellbeing:** this will include aspects such as nutrition, fitness, active lifestyles, access to toilets and drinking water.
- 1.2 **Personal, social and emotional wellbeing:** this will include aspects such as personal identity, self esteem, comfortable and welcoming environments, safety and security, child safeguarding, free from bullying, learning, coaching and mentoring, counselling, learner voice, and nurturing as required.
- 1.3 **Cognitive wellbeing:** this will include motivation and confidence, challenge and support, learning pathways, formal, informal and non-formal learning, assessment for learning, skills development, work related education and continuity and progression in learning.
- 1.4 **Cultural and community wellbeing:** includes working with parents (or carer), moral and ethical development, spiritual wellbeing, sports, arts and music, citizenship, sustainable development, enterprise and wider community participation.

Each of these wellbeing domains must not be viewed in isolation but will overlap, occasionally in several tiers.

2. Policy

This policy has a set of processes that are found under other policy headings. Given this, the wellbeing policy is an umbrella document that covers the illustrated set of policies. Each of the policies linked to wellbeing encourage processes that enrich the wellbeing of all at our school.

Bridgend County Borough Council has an Emotional Wellbeing Strategy for the authority as a whole. While most elements of the authority strategy are not school related some elements are. Thus to align school policy with LEA policy the school will try to develop the following LEA policy strands at school.

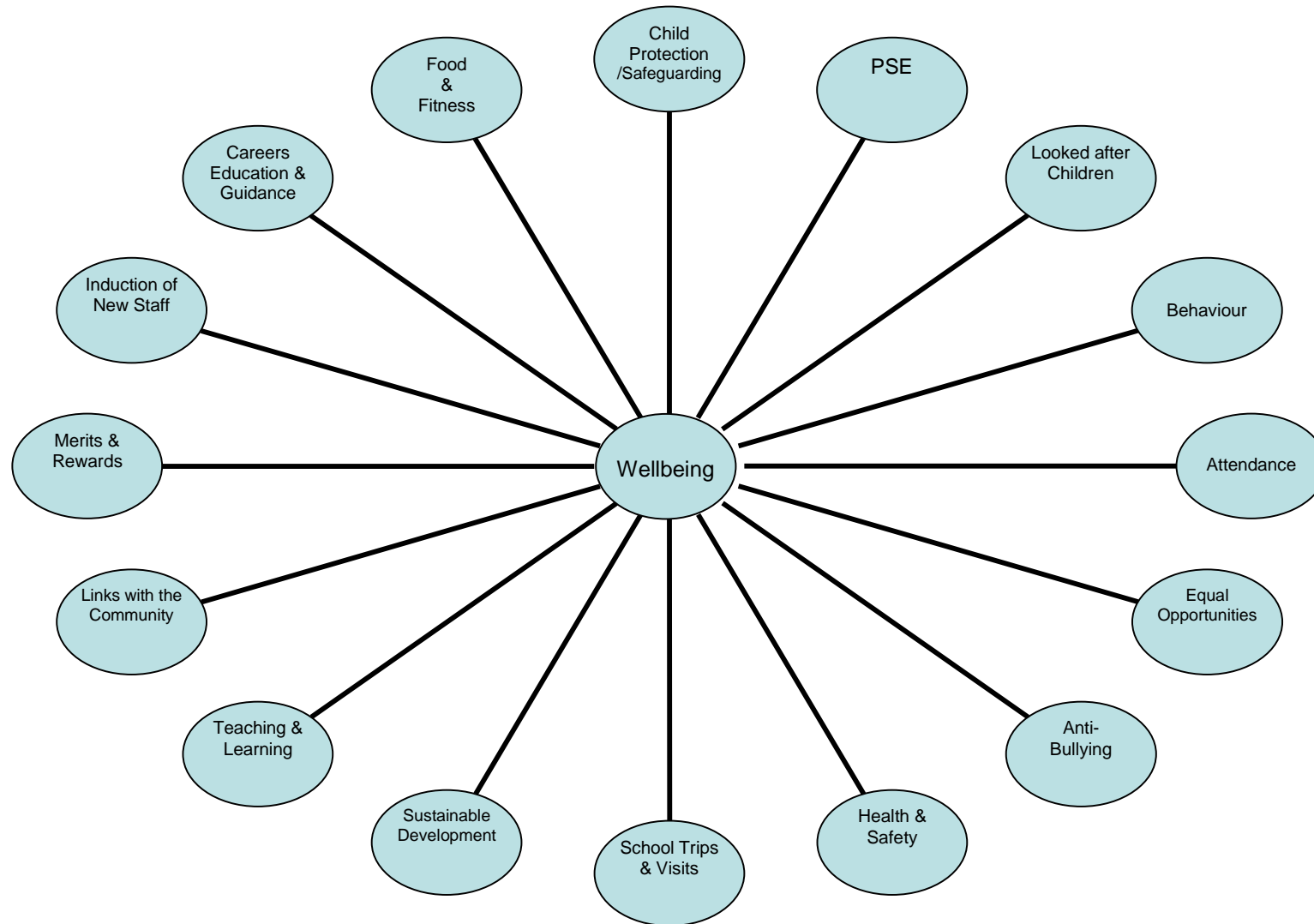
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- E.W.B 3 “Schools and colleges will provide an environment in which emotional wellbeing is provided for staff and pupils”.
- E.W.B. 6 “Promote a more positive image of people’s emotional and mental needs”.
- E.W.B. 7 “Children and young people will contribute to the planning, development and delivery of good emotional health and wellbeing services”.

Each of these broad strategic aims will be developed and expanded in the forthcoming school development plan.

The following diagram illustrates how wellbeing can be viewed “in the round” to support all at Porthcawl School.

2.1 “The Wheel of Wellbeing”



It may be argued that this is by no means an exhaustive list and that elements of all policies contribute to wellbeing of students in the widest sense.

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3. Processes

3.1 The Governing Body will receive appropriate reports from the Headteacher as the need arises.

3.2 The Headteacher will:-

- Publicise the concept of wellbeing and give it a high priority at school;
- Arrange for elements of wellbeing to be monitored and evaluated;
- Liaise with outside interested organisations as the need arises;
- Ensure a co-ordinated approach from supporting policies to provide a seamless delivery of wellbeing.

3.3 SMT will:-

- Assist the Headteacher in discharging his obligations;
- Ensure their contributing areas of wellbeing are carried out satisfactorily;
- Contribute to the monitoring review and evaluation of wellbeing as elements of contributory policies are monitored and evaluated.
- Ensure the learners are involved in the evaluation of wellbeing.

3.4 Teachers will:-

- Promote the wellbeing of young people in all that they do;
- Operate within and with regard to the constituent policies that make up wellbeing;
- Contribute, as required, to the monitoring and evaluation of wellbeing or aspects of it.
- Try to involve learners in decision making when possible.

4. Procedures

4.1 All at the school will have regard for the over-arching nature of wellbeing. Consequently, all staff will operate within the agreed procedures laid out in each of the policies and practices that promote wellbeing.

This policy will be reviewed annually by the Governing Body.

_____ Chair of Governors

Date_____