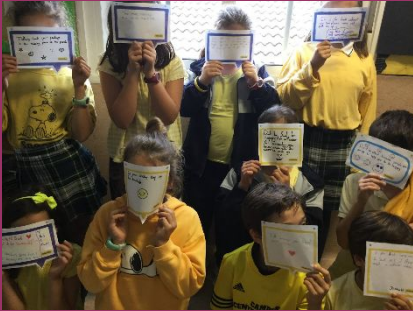


Wellbeing Award for Schools



Welcome!

This year, we will be working towards achieving a national award called the Wellbeing Award for Schools (WAS). This award looks at how well we promote the emotional wellbeing and mental health across the whole school community, including pupils, parents and staff.

What is emotional wellbeing and mental health?

'Emotional wellbeing describes your **mental state** - how you are feeling and how well you can cope with day-to-day life. Emotional wellbeing is essential for us to function and be happy.'

'Mental health is defined as a state of well-being in which every individual realises his or her own potential'

Mind, 2018

With good mental health...

Your child will...

- build up **resilience** with confidence and self-esteem
- be able to express a range of emotions and talk about them freely
- have **ambitions** to achieve and succeed
- build and maintain good relationships with others
- feel **included** and engaged with the world around them
- cope with the challenges of daily life in a **respectful** manner

Why work towards this award?

Evidence shows that positive mental health is of central importance to learning and attainment and it is part of our school ethos to support the wellbeing of pupils, parents and staff. Those with positive mental health are able to achieve their improved academic outcomes and continue to thrive throughout their adult life.

How does it work?

There are five stages in the WAS process and the school will be supported throughout in order to evidence best practice and to achieve the award:

1. School self-evaluation
2. Preparation of an action plan
3. Implementation of actions and collecting evidence into a portfolio
4. Interim assessment and progress
5. Verification of achievement of the award

The award is expected to be achieved within a maximum of 12-15 months. Within this timescale, the process is supportive, developmental and progressive

What are the Main Objectives we are working towards?

Networks

Have systems and external partnerships in place to support different types of emotional and mental health needs.

Participation

Work with the whole school community to support emotional wellbeing and mental health.

Positive Culture

Ensure that emotional wellbeing and mental health is regarded as the responsibility of all.

Professional Development

Commit to high-quality, ongoing professional development on emotional wellbeing and mental health.

Staff Wellbeing

Actively promote emotional wellbeing and mental health.

Vision and Strategy

Commit to a clear vision and strategy of how the school will promote and protect emotional wellbeing and mental health.

How can Parents help?

We are forming a Wellbeing Team – this will be a joint group of staff, students and parents who are responsible for supporting the process of achieving the award by attending meetings to discuss our work on wellbeing and help us push forward in our work, as well as ensuring we provide the evidence needed against our objectives.

If you would be interested in joining the Wellbeing Team, please email melissa.deal@kings.education outlining your interest in the role and the skills and qualities you could bring to the team.