

Well-Being Award for Schools

Strategy Overview for The Weald School

Introduction:

The Weald School was keen to participate in the Well-Being Award for Schools (WAS) as soon as we heard about it from Optimus Education. The Weald has always been a school which prides itself on putting the well-being of students and staff at the heart of its work, and has a wide range of supportive mechanisms for our community to encourage and maintain a healthy and positive outlook for all.

However, we were aware that many in our community were not fully aware of our full provision for well-being, especially with regard to emotional well-being and mental health, so being working towards the WAS seemed like a perfect opportunity to clarify and re-establish this provision with a strategic and comprehensive overview.

Aims:

Our aim is for all of our students and staff to work in a positive environment where everyone can feel optimistic about their future, enthusiastic about the contributions they make to our community and content with their relationships and themselves.

We acknowledge that people of all ages report greater concerns with poor mental health and anxiety about their own well-being. We also acknowledge that we cannot provide professional therapeutic support for individuals requiring specific or intensive support. However, we can work hard to make sure that everyone in our community knows where to go to seek support and that they have someone to talk to about any concerns.

We can also regularly review our professional working practices to make sure that we do not unnecessarily overload students or staff with work that is too onerous for its benefit. The SLT seeks the views of all of our stakeholders routinely so that they are held to account about their expectations.

Achieving the WAS is not a means to an end in itself; rather it is a mechanism to audit our practice, seek guidance from external consultants and implement improvements for the benefit of our community. Part of achieving the WAS is a bi-annual review to check that our practices remain award-worthy.