

# Wellbeing Policy Checklist

## Your school's stance on wellbeing

Within your school's wellbeing policy, clearly state your school's stance on wellbeing - how this intertwines with your school's ethos and vision and what you will do to look after the wellbeing of both your staff and your students.

## Leadership and management

Clearly define the role of your leadership team and their approach to wellbeing, what their responsibilities are and how they will promote this across their teams.

## Key people

Within your school there should be key members of the team who are designated to deal with issues surrounding wellbeing - make these people known in your wellbeing policy, and also communicate this to the whole school. This should serve both parents and students should they ever need help or support.

## Curriculum, teaching and learning

Provide a thorough overview of your school's current stance on PSHE and the topics you will cover as part of this subject. Be sure to outline the outcomes you wish pupils to achieve and any classroom rules you have established for such topics. In addition to this, include how you will communicate with students regarding wellbeing and how you will encourage them to share their opinion and talk about wellbeing and mental health. In addition to this, include how you will communicate with students regarding wellbeing and how you will encourage them to share their opinion and talk about wellbeing and mental health in class.

## Duty of care

Outline the symptoms and warning signs teachers will be looking out for in order to provide intervention, as well as any wellbeing trackers that will be used to identify a risk to wellbeing.

## Staff training

In order for your students' wellbeing to be well looked after as well as your staff's, your staff need to be trained on how to spot signs of poor wellbeing and know when to intervene. Therefore, make sure in your policy you include a reference to the type of training your staff will undertake.

## Outside support

Include explicit reference to differing third parties you will use either when referring wellbeing issues outside of school or the institutes students and parents can contact to seek help independently or outside of the school.

## Support for parents

Outline the support you will specifically offer parents if their child is experiencing issues with their wellbeing and mental health. Explain the support available and how you will work with the family to address any concerns.