

Well Schools

Hello



YOUTH
SPORT
TRUST



POWERED BY YST AND BUPA FOUNDATION

Why Well Schools

10%

of 11-16 year-olds have a diagnosable mental health issue

30%

of 5 year-olds are not achieving a good level of development

33%

of 11-16 year-olds have poor body confidence

92%

of 15-16 year-olds suffer from exam stress

 Well Schools

13%

of 16 year-olds are not in education, training or employment

33%

of year 6 pupils are overweight or obese



Why Well Schools

24%

of 5-16 year-olds do not feel positive about their future

80%

of teachers have considered leaving the profession

28%

of 16 year-olds on free school meals achieve 5 A*-C grades at GCSE

73%

of parents would prefer to send their child to a 'happy' school



84%

of school leaders class themselves as stressed and/or anxious

82%

of teachers state the focus on exams outweighs wellbeing

Why a 'Well School'?

- What our children need
- School improvement
- Retention
- Because it's just the right thing to do



**Well
Prepared**



**Well
Led**



**Well
Equipped**





Kensington Primary school: How we put wellbeing at the heart of what we do



Culture & Climate: Relationships



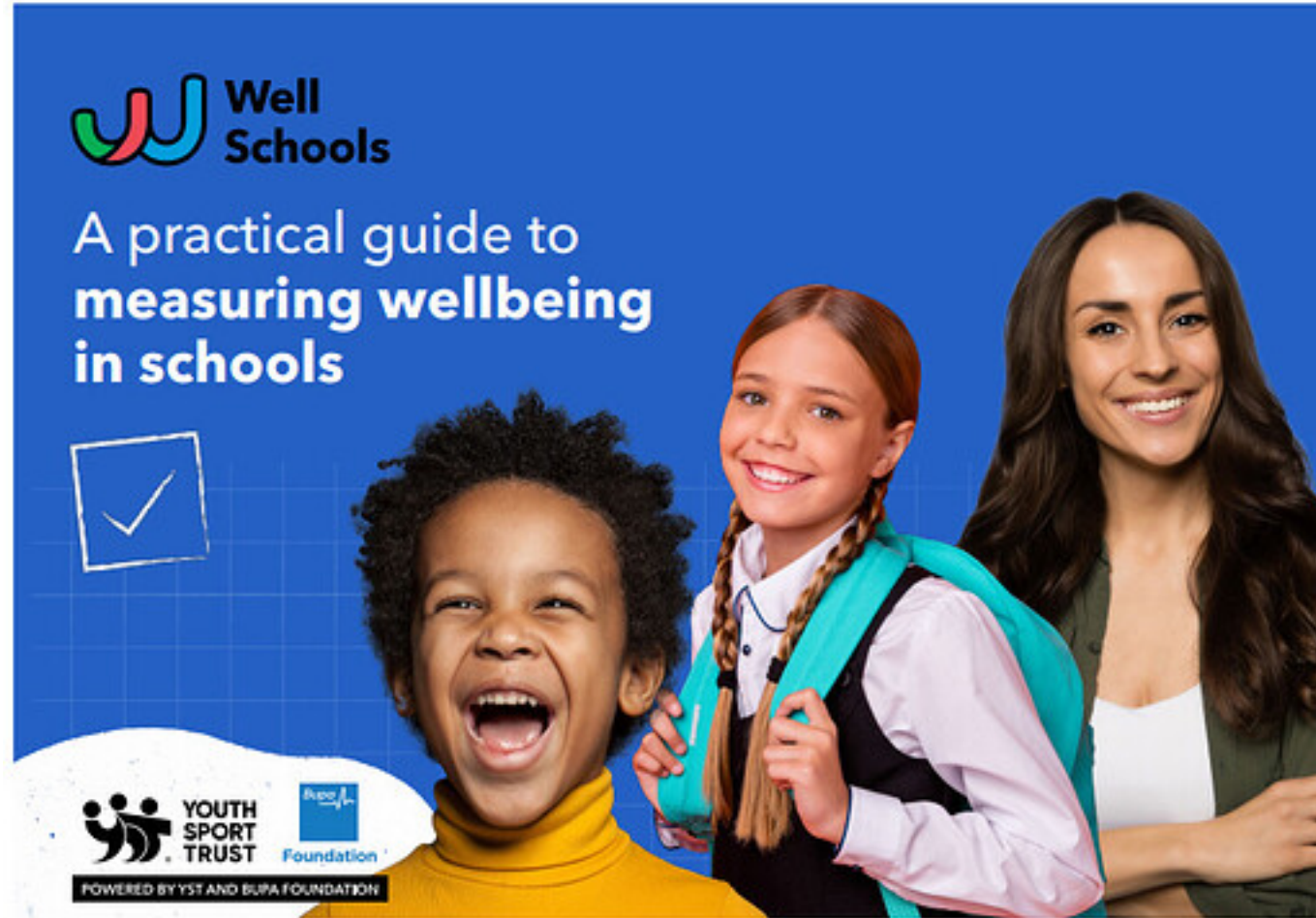
Culture & Climate: Listening

6 KEY ACTIVE
LISTENING SKILLS

- 
1. PAY ATTENTION.
- 
2. WITHHOLD JUDGEMENT.
- 
3. REFLECT.
- 
4. CLARIFY.
- 
5. SUMMARIZE.
- 
6. SHARE.

 Center for Creative Leadership®

Culture & Climate: Measuring



Culture & Climate: Holistic



Well Led

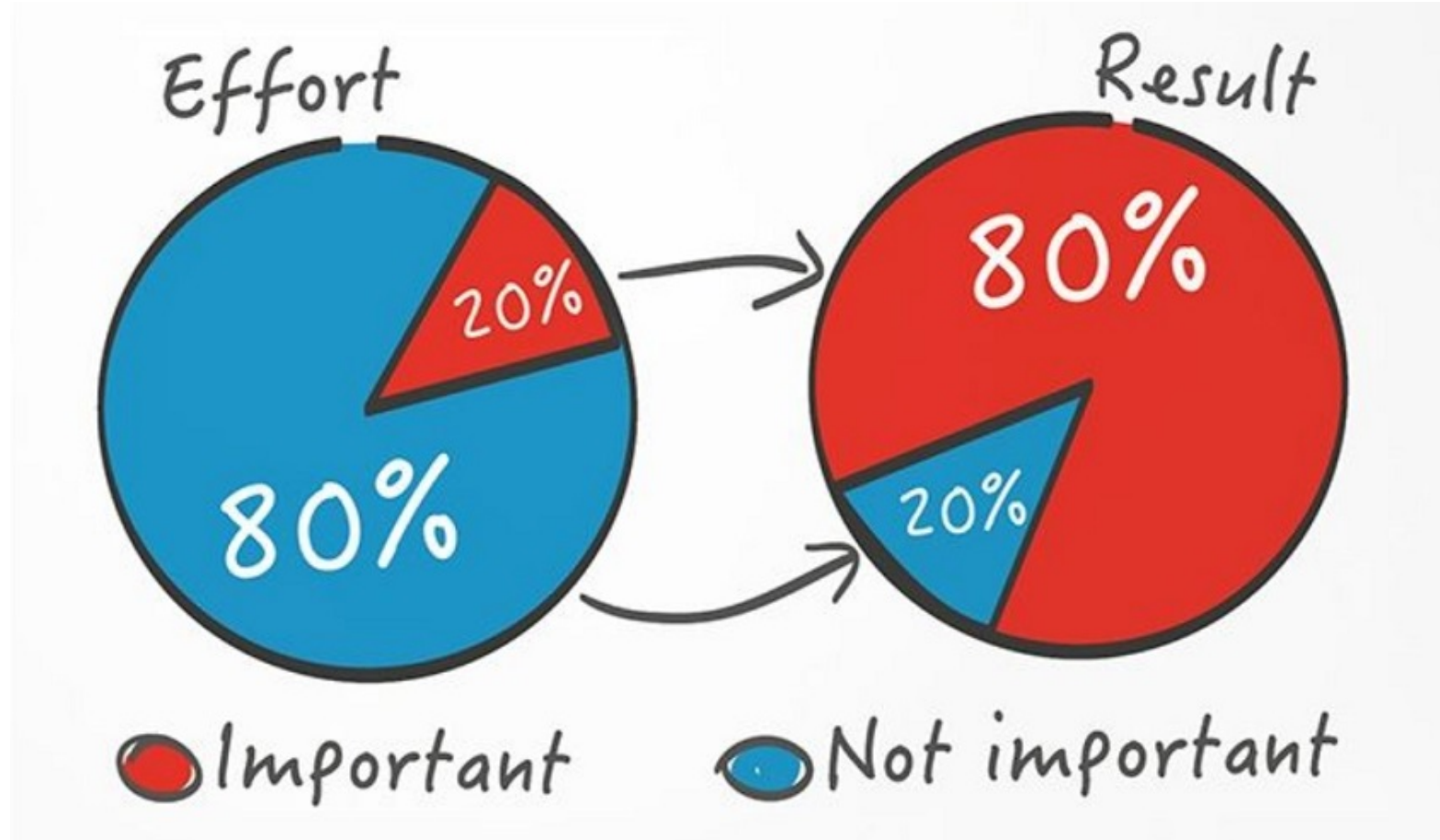


The Education Staff Wellbeing Charter



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Well Led: Workload

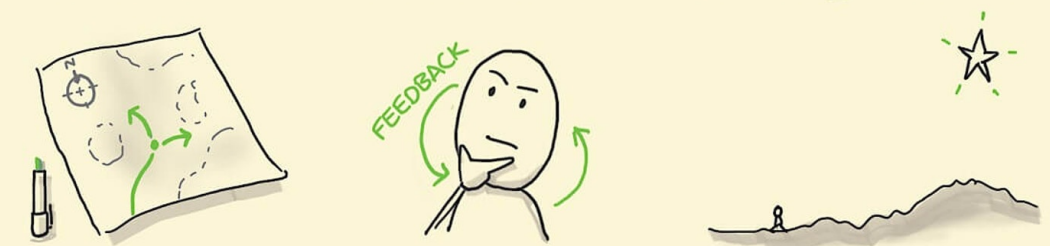


Well Led: Autonomy

WHAT DRIVES US
THE KEYS TO OUR MOTIVATION

AUTONOMY + **MASTERY** + **PURPOSE**

In control of what we do + how we do it Improving our skills + selves Working towards something worthwhile



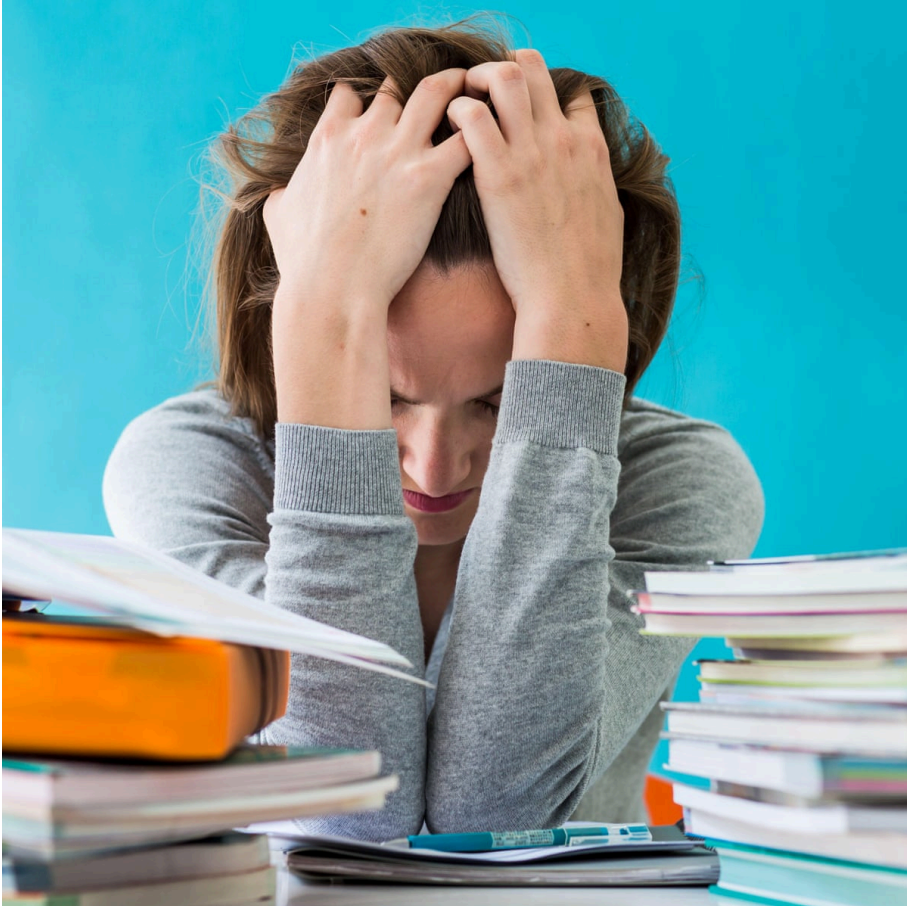
An evolution of motivating others

MOTIVATION 1.0 → MOTIVATION 2.0 → MOTIVATION 3.0

Survival—basic needs Reward/punishment Intrinsic motivation

FRAMEWORK FROM DAN PINK'S DRIVE sketchplanations

Well Led: Self-care



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Well Prepared: Physical Health



Well Prepared: Emotional Health



Well Equipped: Curriculum K



WELL CULTURE

ETHICAL LEADERSHIP, student and staff voice, values diversity, parent/carer/home engagement, driven through curriculum and enrichment, measures wellbeing and impact, provides targeted interventions, integrates community services

WELL LED

Staff and head teacher wellbeing is actively supported and championed

STAFF WELLBEING CHARTER
WELLBEING GOVERNOR
STIGMA STRATEGY
WORKLOAD STRATEGY
HIGH QUALITY HR PROVISION
RECOGNITION PROGRAMME
POSITIVE INTERVENTION
PROFESSIONAL DEVELOPMENT
PERSONAL LIFESTYLE PROGRAMMES

WELL PREPARED

Every child has positive physical and mental health as a foundation for life

HIGH QUALITY PE
SPORT/ARTS ENRICHMENT
PEER MENTORING PROGRAMME
MENTAL HEALTH SUPPORT
WHOLE SCHOOL PHYSICAL ACTIVITY
PSYCHO-SOCIAL INTERVENTIONS
GOOD FOOD PLAN
OUTDOOR CORE LEARNING

WELL EQUIPPED

Every child has the human skills and social capital to thrive on the modern world

PUPIL LEADERSHIP PROGRAMMES
OFF-SITE EXPERIENCES/VISITS
TEAM BUILDING EXPERIENCES
OUTDOOR EDUCATION
DEDICATED PSHE/RSE TIME
SCHOOL AMBASSADORS
REWARD/RECOGNITION PROGRAMMES

THANK YOU!

www.well-school.org

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