



WHOLE SCHOOL APPROACH TO WELLBEING

Wellbeing Definition (World Health Organisation)

Wellbeing is a state in which every individual realises his/her potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community.



At Highgate we know a supportive environment that combines a focus on wellbeing with a focus on learning is optimal – without one, the other will not happen. Responding to individual and group differences, promoting collaborative learning, connecting the hearts and minds of every student, and teaching students how to manage their wellbeing, are just some of the ways our teachers are working to ensure success for all.

At Highgate School we:

- Create safe, supportive and inclusive environments
- Explicitly teach and model social and emotional learning skills, values and expectations for behaviour to support student wellbeing.
- Provide learning opportunities and environments that promote healthy choices
- Build the capability of staff, students and the school community

We do this by:

- Providing safe environments where diversity is valued, positive social interactions are promoted, and the risk of injury or harm is minimised.
- Demonstrating and communicating positive respectful relationships between staff, students, parents and members of the community.
- Providing health and wellbeing learning opportunities for students through curriculum
- Communicating information and advice on the benefits of supporting young people to be healthy, confident and resilient.
- Responding positively to the needs of the group within the community.
- Strengthening connections with families
- Supporting staff health and wellbeing and recognising the resulting benefits for students
- Committing to continual improvement using evidence based strategies to improve student wellbeing and seeking new ways to develop and share new ideas.
- Recognising the early signs that a student's wellbeing is at risk, and responding appropriately by noticing, inquiring and planning.

STRATEGIES WE USE:

- A and B choices (Way To A)
- The Incredible 5 point Scale
- Interoception activities
- Social and Emotional Learning (SEL) in class
- Keeping Safe Curriculum
- Growth and Development
- Mindfulness
- Individual and small group student support
- Whole class support
- National Day of Action Against Bullying and Violence
- Individual and Small Group Support
- Being safe online
- Encourage safe and responsible choices
- Encourage healthy minds and bodies
- Social skills groups
- The Hive as a place to exit
- Consistent behaviour learning strategies
- Exit passes and please help cards
- Individual student check-ins
- Communication with families
- Wellbeing and Sport Sub-Committee

CHECK IN

