

## What is the Wellbeing award?

### The wellbeing award

- Is a national award developed by the National Children's Bureau in partnership with Optimus Education.
- Puts the wellbeing and positive mental health of staff and pupils first
- Promotes and encourages the shared vision that emotional wellbeing and positive mental health is the responsibility of all

## Why do we want to achieve this award?

### We want to achieve this award because:

- The emotional wellbeing of staff and pupils is just as important as their physical health.
- Because good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults
- It will help us to recognise what we do well and to identify what we want to do better to support both pupils and staff
- It will enable all members of the school community to be involved and to benefit.

## How do we achieve the award?

### We need to show progress towards these eight main objectives:

- The school is committed to promoting and protecting emotional well-being and mental health by Achieving the Well Being Award for schools.
- The school has a clear vision and strategy for promoting and protecting emotional well-being and mental health which is communicated to all involved in the school.
- The school has a positive culture which regards mental health as the responsibility of all.
- The school actively promotes staff well-being and mental health.
- The school prioritises professional learning and staff development on emotional well-being and mental health. The school understands the different types of mental health needs across the school and has a system in place to respond appropriately.
- The school actively seeks the ongoing participation of the whole school community in its approach to emotional well-being and mental health.
- The school works in partnership with other schools, agencies and available specialist services to support emotional well-being and mental health.

## Who will help us meet these objectives?

### A working Party will be developed and will

- consist of parents, staff, and governors
- gather and review information from all groups
- use research, good practise and feedback to develop an action plan
- share, implement and review the action plan
- apply for the award