



WOODLANDS
PRIMARY AND NURSERY SCHOOL

Woodlands Commitment to Wellbeing

Wellbeing can be described as 'the state of being comfortable, healthy, or happy.' However, here at Woodlands we believe, it is important to realise that wellbeing is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things, such as how satisfied people are with their life, their sense of purpose, and how in control of their own wellbeing they feel.

At Woodlands, we are committed to ensuring everyone enjoys positive emotional wellbeing and good mental health. We are constantly reviewing our practices and working towards putting in 'the right support at the right time, in the right place.

We are working towards achieving the Wellbeing Award for Schools with Optimus Education in partnership with the National Children's Bureau. We are striving to achieve the eight objectives of the award led by our wellbeing change group: Mrs Crilly (HT), Mrs Duncombe (DHT), Mrs Housley (DSENDCo), Mrs Dodd (Wellbeing lead), Mrs Fisher (IM), Mrs Craven (FL& A) and Mr Jackson, our wellbeing governor. We also have a group of pupil wellbeing champions and a parent wellbeing group.

OBJECTIVES

- The school is dedicated to promoting and protecting positive emotional wellbeing and mental health, achieving the Wellbeing Award for Schools, demonstrates the commitment of staff, children, Governors, parents and the wider community.
- The school has a clear vision and strategy for promoting and protecting emotional wellbeing and mental health, which is communicated to all involved in the school.





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- The school has a positive culture which regards emotional wellbeing and mental health as the responsibility of all.
- The school actively promotes staff emotional wellbeing and mental health.
- The school prioritises professional learning and staff development on emotional wellbeing and mental health.
- The school understands the different types of emotional and mental health needs across the whole school community and has systems in place to respond appropriately.
- The school actively seeks the ongoing participation of the whole school community in its approach to emotional wellbeing and mental health.
- The school works in partnership with other schools, agencies and available specialist services to support emotional wellbeing and mental health.

Yvonne Crilly
Headteacher



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