



***“Show me your way, Lord teach me your paths.” Psalms (25.4)***

## **Pupil Wellbeing Policy**

### **Rational**

Almondsbury School recognises that as well as promoting pupils’ attainment and achievement it also has a wider role in promoting pupil wellbeing.

Almondsbury School is committed to the development of children in its care, recognising that pupils’ health, safety, self-confidence, social skills, and self-awareness not only contribute to their achievement but are important in their own right.

School will contribute to all aspects of the wellbeing of its pupils and work towards:

- being healthy (physical and mental health and emotional wellbeing)
- staying safe (protection from harm and neglect)
- enjoying and achieve (education, training and recreation)
- making a positive contribution (the contribution made by them to society)
- achieving economic wellbeing (social and economic wellbeing).

**These five outcomes are at the heart of the pupil’s education at Almondsbury School and are encapsulated in the school’s Vision and Aims. We believe these are fundamentals for the wellbeing and happiness of the pupils.**

### **Aims**

Almondsbury School aims to provide an environment in which children feel secure and valued and in which they are able to enjoy their learning and to develop their talents to the full.

The school aims to promote the wellbeing of all its pupils, through the ethos and care it provides, through the management of the school, through good quality teaching and learning and through partnership with others.

**The school also believes that the nurturing of a child’s spiritual development is an important part of promoting pupil wellbeing.**

## **Being Healthy**

Almondsbury School recognises that for pupils to achieve their full potential they should be as fit physically, mentally and emotionally as possible.

- Pupils will be encouraged to participate in all forms of physical activity. Good provision will be made within lessons and in extra-curricular time for pupils to participate in a variety of sporting activities. Children will be given the opportunity for constructive outdoor play. (see Physical Activity policy).
- Pupils will be encouraged to adopt healthy life styles. The school will promote healthy eating, daily physical exercise including walking to school, 5-minute runs and other physical activities, knowledge of benefits of exercise on their physical and emotional wellbeing.
- Pupils will be encouraged to explore their feelings and emotions through the RE curriculum, PSHE curriculum, which we use Heartsmart and the SMSC curriculum and also the RHSE curriculum which we use Facts4Life programme.
- Pupils will be encouraged to articulate any concerns or anxieties they may have with the staff. The school will ensure provision is made for pupils who have forms of anxiety through a variety of general and bespoke activities including yoga for children, mindfulness, etc. We will provide for emotional and mental health of the children through our universal offer for pupils to engage with ELSA. Drawing and Talking therapies, other therapeutic support through internal pastoral support or outside agencies.
- Pupils who are at risk of poor wellbeing and mental health are supported through a variety of ways including referral to our school ELSA (Emotional Literacy Support Assistant), use of mindfulness activities including yoga, support from outside agencies such as the Primary Mental Health Practitioner, School Nurse, Thornbury Jigsaw programmes and workshops, mentoring and coaching from outside agencies commissioned by the school. This list is not exhaustive.
- Almondsbury School is committed to ensuring there is equality of opportunity throughout the school and promotes an inclusive environment. (See Equal Opportunities, Inclusion, SEN, Gender equalities and Disability Equality Policies).
- Through the Sex and Relationships Education pupils will learn to respect themselves and others, build meaningful relationships and move with confidence into adulthood.

## **Staying safe**

Almondsbury School is committed to providing a safe and secure learning environment. It also promotes good safety awareness amongst the pupils.

- The school will follow correct Health and safety procedures. (see H and S policy).
- Staff will be recruited using safer recruitment principles.
- There will be an expectation of high standards of behaviour and a culture of mutual respect to help children feel safe, as well as being well-informed to keep themselves safe.
- All staff will have Child Protection training and know the correct procedures to follow as well as the Safeguarding Policy and procedures including Keeping Children Safe in Education.
- All staff will follow the guidance of what is permissible physical contact as in the Managing Children's Behaviour policy.
- There will be a designated person responsible for first aid in school and the children will know who to go to for help.
- Staff will work to with parents and outside agencies when a child's welfare is of concern.
- The use of the internet will be closely monitored and pupils taught e-safety.
- Bullying in all its forms will not be tolerated in school. The school will follow Kidscape Anti Bullying Policy.
- Pupils will be taught to be aware of potential dangers and strategies to cope, at an age-appropriate level. (This will include swimming lessons, cycling proficiency and visits to the Lifeskills centre). Pupils will be taught about how to keep themselves safe both online and in real life situations. Pupils will be taught about appropriate contact and touch and relationships.

## **Enjoying and Achieving**

Through a broad, balanced and creative curriculum and high-quality teaching and learning the school aims to enable all pupils, whatever their ability, to enjoy their learning and reach their full potential.

- Children will be encouraged develop a love of learning through their understanding of the qualities of a good learner.
- School will aim to provide a stimulating learning environment where the gifts of the more able and talented pupils are recognised and nurtured.
- Good quality SEN provision will enable children experiencing difficulties to be identified swiftly and appropriate interventions put in place. The school's universal offer has been created to provide all pupils with the adaptations they may need to be successful in their learning environment through use of resources, support and adapting of the curriculum to meet their needs.
- Early interventions will be used when pupils present social and behavioural problems and timely additional support (on a multi-agency basis where appropriate) to help pupils get back on track.
- School will offer a wide range of high-quality extracurricular activities, sports and other recreational activities, including play. Opportunities to represent the school in a variety of events and activities are omnipresent and accessible to all pupils.
- All achievement by pupils whether academic, sporting or artistic will be celebrated by the whole school.

### **Making a positive contribution**

Pupils develop self-confidence and a sense of social responsibility by being able to contribute not only to the school community but to the wider community. Almondsbury School actively encourages this type of community involvement by the pupils.

- Children will be encouraged to participate in sporting, cultural and volunteering activities both within and outside the normal school day.
- Children will be encouraged to contribute to the community at local, national and global levels. There is an opportunity to participate in the Archbishop's Young Leaders Award to help pupils create these opportunities for themselves.
- School will deliver PSHE and RE, to help pupils understand how society works; to prepare them for playing their part as adult citizens; and to help them understand other faiths and cultures while developing a sense of shared identity.
- School will seek to provide opportunities for pupils to interact, learn and work together with other children from different backgrounds.
- A culture of fair play and justice will be promoted in school.

- Pupils will be encouraged to understand the responsibilities they have to others.
- Pupils will be encouraged to understand their role in caring for their environment whether local or global.

### **Achieving economic wellbeing**

Almondsbury School aims to provide an early, firm foundation on which its pupils can ultimately build a fulfilling and productive future life.

- Pupils will be encouraged to develop life-enhancing skills, such as the ability to communicate clearly, resilience, initiative, enterprise, creativity and social and team-working skills.
- Pupils will be given opportunities to develop a sense of belonging to a community.
- Through PSHE education pupils will explore the concept of economic wellbeing at an age-appropriate level.
- School will endeavour to ensure that no pupil is disadvantaged in school because of the economic circumstances of its family.
- Links will be fostered with local secondary schools in order that pupils may be well prepared for the transition to the next stage of their education.

### **Spiritual wellbeing**

Spiritual wellbeing may be defined as a state of wholeness, when every aspect of life is in balance and a child feels confident, creative, fulfilled and integrated, both inwardly and in relation to other people. It is a process of growth and development that gives to the individual meaning, purpose, direction and value in daily life.

- Almondsbury School will, through its distinctive Christian character, seek to nurture the spiritual development of its pupils. This will also focus on the Church of England's vision for Education of 'living life to its fullness'. All pupils are encouraged to flourish throughout their time at Almondsbury School in all aspects of life.
- Through Collective Worship pupils will be given opportunity to explore Christian values using the Values for Life material. The diversity of the world and British Values are also explored through the use of different role models from history and the present day, promoting care, consideration, tolerance and respect for all.

- Pupils will be given opportunities to reflect on and celebrate the wonders and mysteries of life.
- RE will be taught in a way which gives pupils opportunity to explore how individuals and communities make sense of their lives through the great religions of the world.
- Pupils will be taught attitudes of respect, empathy, understanding and sensitivity to others' spirituality.
- Almondsbury School will endeavour to provide an environment where pupils feel confident to talk about their feelings. It will also seek to provide time and a place for quiet reflection.

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Next review September 2028