



Lüderitz Blue School Wellbeing Policy

1. SCHOOL COMMITMENT TO WELLBEING

- i) At Lüderitz Blue School, we prioritize the overall wellbeing of our learners, staff, and the wider school community.
- ii) We believe that personal growth and academic achievement thrive in an environment where care and support are at the core.
- iii) This policy outlines how we promote wellbeing across our school, in line with our values of resilience and mutual care.

2. PHYSICAL HEALTH

- i) Encouraging regular physical activity is central to our approach, with opportunities available during break times, physical education lessons, and through extracurricular sports and activities.
- ii) We help learners develop healthy lifestyle habits, teaching the importance of physical activity, balanced nutrition, hygiene, and personal safety.
- iii) Our learners are educated about the benefits of a balanced diet. For further information, please refer to our Healthy Eating Policy.

3. SOCIAL CONNECTIONS

- i) As a school, we create opportunities for learners to build meaningful relationships with their peers and a sense of community through group work, social events, and service-based projects.
- ii) Our school promotes respect for diverse lifestyles, even if they differ from one's own personal choices or values.

4. ACADEMIC SUCCESS AND WELLBEING

- i) We recognize that wellbeing is crucial to achieving academic excellence. We believe that a learner who feels supported and balanced is more likely to succeed.
- ii) Academic support is provided for learners who require additional attention, and we foster a motivating and inclusive learning environment that celebrates values such as curiosity, respect, and self-worth.

5. MENTAL WELLBEING

- i) Mental health is a top priority at Lüderitz Blue School. We are committed to creating a supportive environment that encourages learners to develop emotional intelligence, resilience, and confidence.
- ii) We ensure mental wellbeing is actively monitored through initiatives such as the 'Worry Box,' providing a safe outlet for learners to express their concerns.

6. EMOTIONAL WELLBEING

- i) Emotional wellbeing is a cornerstone of our school environment. Learners are given opportunities to express themselves creatively and to build positive relationships with their peers and teachers, developing self-awareness and confidence.
- ii) Our 'Open Door Policy' fosters an environment of open communication, ensuring that anyone in the school community can seek help and feel supported.
- iii) We aim to guide learners in managing their emotions, understanding their relationships with others, and gaining the skills to navigate life changes positively.

7. WELLBEING AND SCHOOL LIFE

- i) We integrate wellbeing into all aspects of school life, from dedicated curriculum time to Circle Time, assemblies, residential trips, and extracurricular activities.
- ii) In Early Years, wellbeing is central to the curriculum and linked to social and emotional development, fostering collaboration, confidence, and listening skills.
- iii) From Key Stage 1 onwards, we cultivate resilience, teamwork, self-esteem, critical thinking, and risk management across different learning experiences.
- iv) We emphasize the importance of nurturing relationships with trusted adults to help learners understand emotions, practice empathy, and acquire the life skills necessary for personal safety and well-being.
- v) Our staff model positive attitudes and behaviours, which have a lasting impact on learners' expectations, self-esteem, and overall attitudes toward life and learning.

8. INVOLVEMENT OF PARENTS/GUARDIANS

- i) We understand the vital role that parents and guardians play in fostering learner wellbeing, and we actively involve them in our wellbeing initiatives.
- ii) The school communicates regularly with parents and encourages their participation in supporting the wellbeing and development of our learners.

9. STAFF WELLBEING

- i) The wellbeing of our staff is a priority. We are committed to providing a positive and supportive work environment where staff feel valued and can thrive.
- ii) We offer professional development opportunities, access to counselling services (if needed), and promote a healthy work-life balance.
- iii) Staff wellbeing is integral to maintaining a healthy and nurturing school culture.

10.SAFETY AND SECURITY AT SCHOOL

- i) Lüderitz Blue School is dedicated to ensuring the safety and security of all learners, staff, and visitors.
- ii) We have clear policies and procedures in place to handle any safety concerns, ensuring that everyone in our school feels protected, safe and secure.

11.SAFEGUARDING

- i) The school is committed to safeguarding the welfare of all children and young people by protecting them from harm.
- ii) All staff are aware of the school Safeguarding procedures.
- iii) All learners are aware of who is on the School Safeguarding Team, and who they can come to if they have worries or concerns.
- iv) For further information, please refer to our Safeguarding Policy.