



## **Lüderitz Blue School Wellbeing Policy**

### **1. SCHOOL STATEMENT**

- i) Lüderitz Blue School is committed to promoting the holistic wellbeing of our learners, staff, and community. We believe that a supportive and nurturing environment is essential for personal growth and academic success. By implementing this policy, we aim to create a positive and supportive environment that promotes the wellbeing of all members of the Lüderitz Blue School community.
- ii) The promotion of wellbeing, care for each other and resilience lies at the core of our school ethos.

### **2. SCHOOL WELLBEING PROGRAMME**

- i) Our Wellbeing Programme encompasses a wide range of topics and addresses various aspects of learner development. Each topic is presented in an age-appropriate manner to help children become healthy, independent, and responsible members of society. We encourage our learners to take an active role in contributing to the school community and the wider world.
- ii) We strive to inspire learners to reflect on their individuality and cultivate respect for others. Our objective is to provide an environment and opportunities that:
- Ensure learners feel safe and confident.
  - Encourage learners to reflect on moral values, understand their place in the world, and develop a sense of service to the community.
  - Foster independence by teaching skills such as collaboration, communication, decision-making, and self-reliance.

- Promote respect for diverse lifestyles, beliefs, opinions, and ideas, as well as adherence to the rule of law, encouraging tolerance, understanding, and acceptance of different cultural backgrounds.
- Enhance learners' understanding of key economic concepts, including the use and saving of money.
- Educate learners on how technology can improve our lives and the importance of accessing and using it safely.

iii) The Wellbeing Programme promotes the moral, cultural, mental, and physical development of learners, preparing them for future opportunities, responsibilities, and experiences.

iv) Wellbeing is integrated into a whole-school approach, including dedicated curriculum time, Circle Time, other subjects, assemblies, residential experiences, school events, and pastoral care.

v) In Early Years, Wellbeing is taught as an integral component of the curriculum throughout the year. The Wellbeing aspects of the children's work are linked to the objectives in the Personal, Social, and Emotional areas of learning. Children are encouraged to cooperate, listen to each other's ideas, and gain confidence to share their own thoughts and ideas.

vi) From the Primary School onwards, the school aims to develop skills and attributes such as resilience, teamwork, self-esteem, risk management and critical thinking across different situations.

vii) As a school, we understand that forming close relationships with adults is essential for children as they learn to understand their emotions, consider the needs of others, and develop skills necessary for leading a safe and healthy life.

viii) As children grow older, peer and group relationships become more important, however they still need the security and stability provided by school staff.

ix) All staff members have high expectations for all children.

x) Children are supported in clarifying their thoughts, developing strategies for handling issues and tasks, and are listened to and accepted as individuals.

xi) School staff model positive behaviour and attitudes, which can significantly influence children's expectations, self-esteem, and attitudes.

xi) It is noted that occasionally, a child may ask a direct or challenging question to their teacher. These questions do not have to be answered immediately and can be addressed later. Teachers use their discretion and skill in these situations and consult the Head/ of School for advice or guidance if necessary.

### **3. PHYSICAL HEALTH**

- i) The school encourages regular physical activity through playtimes, school walks, physical education classes and other sports clubs and events.
- ii) We aim to help learners to develop a healthy lifestyle, to understand the value of keeping healthy (exercise, diet, personal hygiene and personal safety) and to take responsibility for themselves.
- iii) Learners are also aware of the importance of a balanced diet. For further information, please refer to our Healthy Eating Policy.

### **4. MENTAL HEALTH**

- i) Lüderitz Blue School recognises the importance of mental health. We pride ourselves on our supportive school environment and promote resilience, self-esteem, and emotional intelligence, equipping our learners with the skills to be happy in their success at school and beyond.
- ii) We also educate children about the importance of their mental wellbeing and have several initiatives at school to monitor this, such as a 'Worry Box'.

### **5. EMOTIONAL WELLBEING**

- i) The school values and prioritises emotional wellbeing.
- ii) We provide opportunities for learners to express themselves creatively and develop positive relationships with their peers and teachers. This helps develop self-awareness, positive self-esteem and confidence to enjoy school life, taking part and acting confidently.
- iii) Our 'Open Door Policy' ensures that all members of our community can express themselves freely in an open and honest way, and will be provided with support when needed.
- iii) We aim to develop learners' self-knowledge and their abilities to understand and manage their feelings, to handle their relationships with other children and within their families and to organise and manage their lives.
- iv) As a school, we enable learners to manage their own emotional and physical change and growth in a positive way.

## **6. SOCIAL CONNECTIONS**

- i) We encourage learners to develop positive relationships and a sense of belonging through social activities, group projects, and community service initiatives.
- ii) We encourage or respect other people even if such people choose to follow a lifestyle that they may not have chosen to follow themselves.

## **7. PROMOTION OF ACADEMIC SUCCESS**

- i) At Lüderitz Blue School, we believe that wellbeing is essential for academic success.
- ii) We provide academic support for learners who need additional attention and create a positive and motivating learning environment for all of our learners.
- iii) We promote positive values and attitudes such as respect, curiosity, consideration, a sense of community and a sense of self-worth.

## **8. INVOLVEMENT OF PARENTS AND GUARDIANS**

- i) The school recognises the importance of involving parents and guardians in supporting the wellbeing of our learners.
- ii) We communicate regularly with parents about wellbeing initiatives and encourage their participation in school activities.

## **9. STAFF WELLBEING**

- i) The school recognises the importance of staff wellbeing.
- ii) We provide support through professional development opportunities, access to counselling services (if required), and a promote a positive work environment
- iii) We promote work-life balance and encourage staff to prioritise their own wellbeing.

## **10. SAFETY AT SCHOOL**

- i) We are committed to providing a safe and secure environment for all members of our school community.
- ii) We have policies and procedures in place to address safety concerns.

## **11. NOTE ON 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.

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