



## **Lüderitz Blue School Wellbeing Policy**

### **1. SCHOOL COMMITMENT TO WELLBEING**

- i) At Lüderitz Blue School, we prioritise the overall wellbeing of our students, 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 students develop healthy lifestyle habits, teaching the importance of physical activity, balanced nutrition, hygiene, and personal safety.
- iii) Our students 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 students 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 recognise that wellbeing is crucial to achieving academic excellence. We believe that a student who feels supported and balanced is more likely to succeed.
- ii) Academic support is provided for students 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 students 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 students to express their concerns.

#### **6. EMOTIONAL WELLBEING**

- i) Emotional wellbeing is a cornerstone of our school environment. Students 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 students 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 emphasise the importance of nurturing relationships with trusted adults to help students 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 students' 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 student 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 students.

## **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 students, 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 students 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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