

What constitutes Wellbeing for all?

I'm physically comfortable

Classrooms not too cold/hot
I get enough breaks
I can go to the toilet as much as I need
I don't have to wait too long before eating lunch (morning snack)
I have access to water whenever I need
I am sitting comfortably for learning/teaching

I'm physically & emotionally safe

Physically: in relation to COVID (appropriate risk assessment / safety measures to reduce risk) , safe environment (health & safety, safeguarding, access to first aid (including MH first aid)

Emotionally: safe to open up to SLT/colleagues/my teachers/friends; I know where to ask for help/get support, I feel supported

I'm happy/content

I enjoy coming to school
I enjoy what I learn and how I learn / play / teach
I feel respected by my teachers / peers / colleagues / pupils
I am interested in what I learn / teach
I have some control over what happens at school
I am able to make some of my own choices
I have fun & socialise

I'm growing

I'm engaged with what I'm learning/teaching
I'm developing as a pupil/teacher
I am offered further development/ careers opportunities
I receive appropriate support/training to grow
I am able to develop at my own pace (Inclusion)
I am challenged enough - not beneath/beyond what I'm capable of

I'm healthy

I eat healthy food at school (snack & canteen)
I drink plenty of water at school
I have lots of opportunities to exercise (daily mile, play time, PE in all weather, cycle to school, sports based clubs)
I have lots of opportunities for fresh air
I understand healthy eating & sleeping
I sleep well

I belong / I have a sense of purpose

I have friends/ I get along with colleagues
I can contribute to the class / staff meetings
I feel included in the class/school (SEND, EAL, PP)
My culture/beliefs are respected
I'm represented in the curriculum (diversity)
I understand what is expected of me
I'm proud of my school