

WHOLE SCHOOL WELLBEING CHECK IN

How are things going?



A five minute reflection for school leaders and staff teams.



This feels like us



We're getting there



This could be our next focus



FOR PUPILS

Pupils know which trusted adults they can talk to if they're worried.



Mental health and wellbeing are planned into our PSHE or RSHE curriculum, not just covered when difficulties arise.



Pupils know where to find support in school and beyond.



We regularly ask pupils how they're doing and use their feedback to shape support.



FOR STAFF

Staff know the signs that a young person may need extra support.



Staff feel confident starting a wellbeing conversation.



Staff know how to respond to a disclosure and who to involve next.



Staff know they don't have to carry concerns on their own and know where to find support.



FOR OUR SCHOOL

Wellbeing is seen as everyone's responsibility across our school community.



We notice patterns in attendance, behaviour and wellbeing concerns and use them to help shape support.



Appropriate support is available if a pupil becomes distressed during or after a wellbeing activity or lesson.



We regularly review our wellbeing approach and look for opportunities to strengthen it.



THINGS WE MIGHT NOTICE WHEN WELLBEING IS EMBEDDED



Pupils know where to go for help and feel confident to ask.



Safeguarding and wellbeing work together.



Staff feel confident having conversations with pupils.



Staff know what happens next after a disclosure.



Wellbeing is planned into school life, not only discussed when concerns arise.



Leaders make time to listen to pupils and staff and act on what they hear.

WHAT DID YOU NOTICE?

Don't worry about how many circles you put in each column. Instead, notice which responses came up most often.



**Mostly
"This feels like us"**

You're building a strong foundation for wellbeing. Keep listening to pupils and staff, celebrate what's working well and continue building confidence across your school community.



**Mostly
"We're getting there"**

You're closer than you might think. There are good things happening. Choose one area that would make the biggest difference and focus there first. Small changes can have a big impact.



**Mostly
"This could be our next focus"**

Every whole school approach starts with a conversation. Start with the basics. Build confidence together and remember that a whole school approach grows over time.

WELLBEING
FIRST AID

MENTAL HEALTH TRAINING



A whole school approach grows through everyday moments where young people feel noticed, listened to and supported.



For more free resources, visit
www.wellbeingfirstaid.co.uk/schools

