

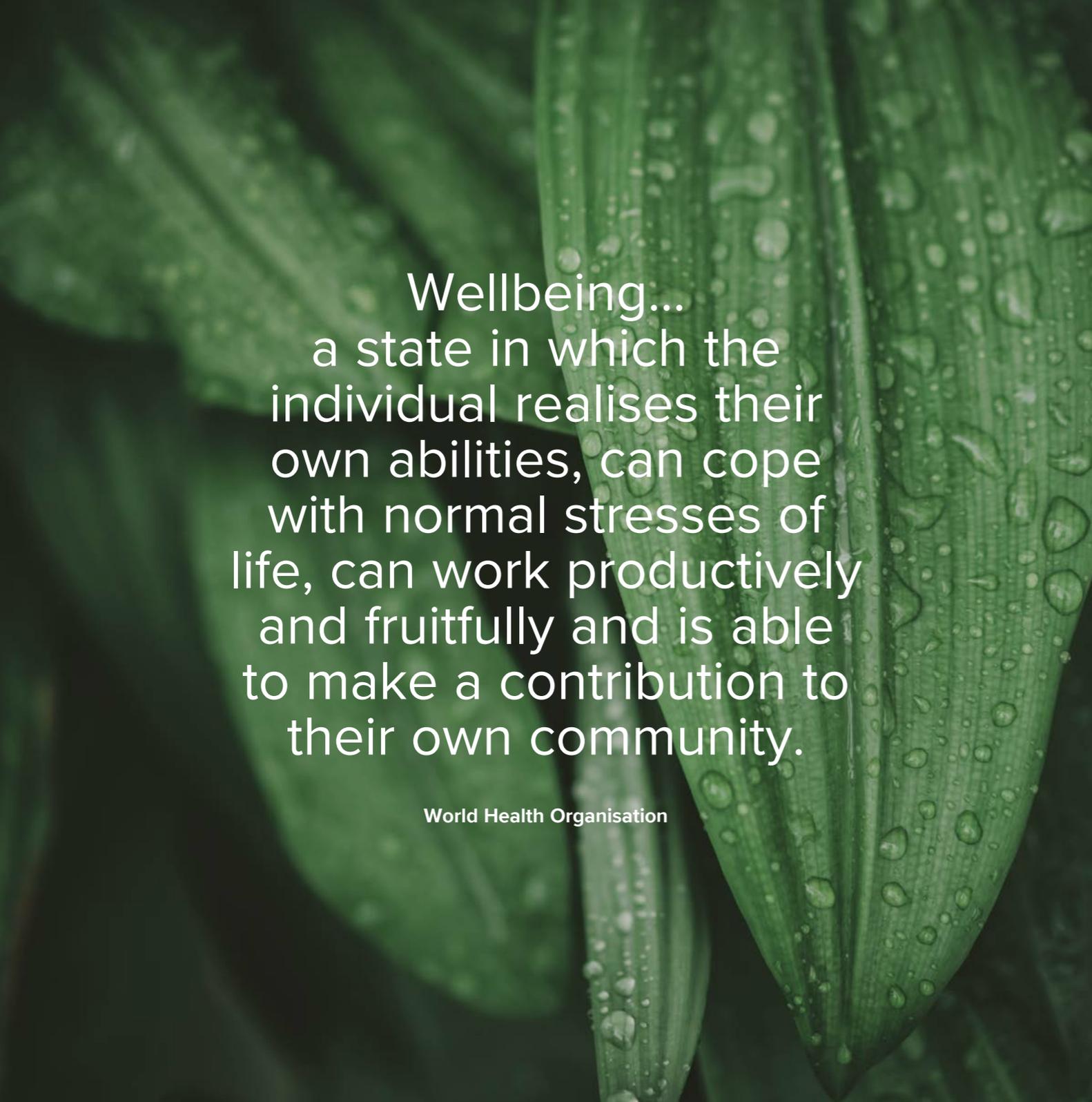


King's High School

Wellbeing

AT KING'S HIGH SCHOOL

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Wellbeing...
a state in which the
individual realises their
own abilities, can cope
with normal stresses of
life, can work productively
and fruitfully and is able
to make a contribution to
their own community.

World Health Organisation

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Introduction

Nothing is more important than equipping our students with the ability to make positive wellbeing choices. Armed with these skills, we believe young people will flourish academically and in the world beyond school. As they navigate through the ups and downs and in-betweens of life, it is crucial that they learn how to maximise their own levels of comfort, happiness and health. Do they know what they require to thrive, both physically and mentally? Do they enjoy and benefit from the habits which fill their lives? Do they take time to pause, reflect and care for themselves properly amid the bustle of daily living?

Promoting wellbeing permeates every aspect of school life, from the pastoral care given to students by their form tutors, through the joy and fun of house activities and co-curricular clubs, to the generous provision of curriculum time, and to physical exercise and creative subjects. Time is provided to reflect on wellbeing and experiment with the different strategies that can be adopted, not just to cope with the challenges of life but instead, to enjoy life to the full!

However, wellbeing is certainly not about feeling happy all of the time. It is not about never having a bad day or never feeling worried; we all experience these human feelings from time to time. When our students worry or struggle, we strive to provide them with bespoke, personalised support and a key element of this is the strong network of communication between the staff, students and parents.

We hope this brochure will portray the way in which wellbeing sits at the heart of school life at King's High and our deep commitment to caring for each and every member of our community.

Introducing Our Wellbeing Leads



Mrs Shirley Watson

Senior Deputy Head and
Deputy Head Pastoral

Mrs Watson is trained as a Senior Mental Health Lead and drives the strategic direction of pastoral care in the school. She has undertaken many pastoral roles within the school since joining in 2010. As Designated Safeguarding Lead, she is responsible for making sure student voices are heard and their safety needs met. A strong advocate of the power of peer mentoring, she has been instrumental in developing our flourishing partnership with the Diana Award and introducing Student Wellbeing Ambassadors to every year group.



Ms Lisa Whittington

Director of Wellbeing, Values and Skills

Ms Whittington joined King's High School in September 2021 with the specific remit of prioritising wellbeing of both students and staff. She believes every individual in our community should be encouraged to discover their unique recipe for positive mental health and that the role of our staff is to offer expertise and opportunities to help them on this journey. The annual Festival of Wellbeing which she organises, alongside her regular website wellbeing blogs, help to fulfil this aim.



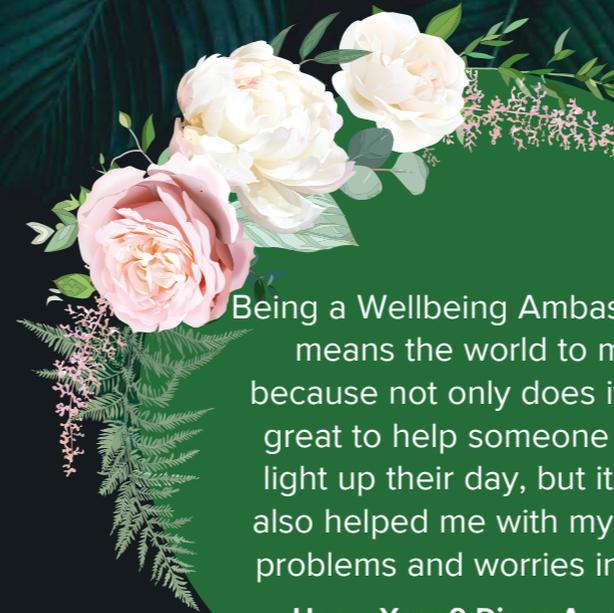
Miss Charlotte Smith

Mental Health Lead

Charlotte, our Mental Health Lead, joined King's High in April 2022. She communicates regularly with staff, parents, and external organisations to guide the whole-school approach to supporting mental health. She regularly liaises with students about the options available to boost their wellbeing and triages Wellbeing Referrals. With both a BA and MSc qualification in Psychology, and experience working for the SHOUT Crisis Helpline, she is also training to be a counsellor and is particularly interested in disordered eating and issues around body image.

Wellbeing Ambassadors

The Diana Award charity, formed in memory of Princess Diana, works to promote her belief that young people have the power to change the world for the better. Led by our two Wellbeing Prefects, the Ambassadors promote kindness, respect and inclusion through their own initiatives.



Being a Wellbeing Ambassador means the world to me because not only does it feel great to help someone and light up their day, but it has also helped me with my own problems and worries in life.

Hope, Year 9 Diana Award Wellbeing Ambassador



Not only have I learnt that you should be the change you want to see in the world – I've learnt that you can be it.

Rose, Year 11 Diana Award Wellbeing Ambassador

(Rose sits on the Diana Award National Youth Board, a role which has led her to interview Prince William, meet various MPs and celebrities and appear on the national news.)

Five ways to wellbeing

The work we do to promote positive mental health is largely based on the 'Five Ways to Wellbeing' framework developed by the New Economics Foundation. The evidence-based actions, if undertaken regularly, can improve wellbeing and enhance quality of life and they are very much embedded in our daily school experience.

1

Connect...

- Our popular 'Downtime' lunch club combines relaxing activities such as mindful colouring, board games and craft activities, with a chance to make new friends.
- With over 130 clubs running every week, reaching out to like-minded people is easy! Students are eager to get involved in clubs such as Comedy Drama, Musical Theatre, Printmaking and Ceramics.
- Each of the six houses is subdivided into a number of small 'house families' which allow friendships to flourish across different year groups. The emphasis of house activities is on creating joy, sparkle and competitive fun.
- We are constantly strengthening our 'talking and listening culture'. 'Connections' meetings allow every member of the school community to meet with the senior leadership team annually.

2

Be active...

- Exercising makes you feel good! From golf and martial arts, though water polo, boxercise, hip-hop and fencing, to football and rugby, students are encouraged to discover a physical activity they enjoy. Curriculum time for games and PE has recently been increased.
- Duke of Edinburgh: each year, students visit the Peak District to set out on their expeditions.
- Gardening Club combines exercise with providing healthy salad and vegetables for the dining room.

3

Take notice...

- In pastoral time, students are invited to step back and take a moment to appreciate the small things in life. For example, walking a 'Mindful Mile', gave students an opportunity to take note of their surroundings and consider positive things in their lives.
- From Bee-Keeping, through Environmental Action, to Quiet Contemplation, many of our co-curricular clubs promote mindfulness.

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Keep learning...

- Our recent Festival of Wellbeing focused on sharing information, mindfulness, and fun.
- With thirty or so music groups running throughout the week, students can enhance their instrumental skills by joining clubs such as the Lagoon Jazz Club, A-Strings, Baroque Soloists or Percussion Ensemble.
- Our Friday Afternoon Activities Programme nurtures the personal growth and development of our students. From learning a new language, Combined CADET Force (CCF) and Model United Nations (MUN) to conducting scientific research and clay pigeon shooting, there are opportunities to gain nationally recognised qualifications or simply to learn a new skill.
- Student-led academic societies and forums broaden horizons through their programmes of visiting speakers and have recently focused on topics such as the lived experience of racism and ableism.

"Pebble painting was extremely relaxing and enjoyable."

Year 7 student

"Learning about Mental Health was incredible. I absolutely loved it. It gave me useful tips and more of a positive outlook."

Year 10 student

Give...

Our school aims focus on the importance of community and our work to foster a strong sense of social responsibility. We are passionate about nurturing the socially responsible, environmentally intelligent global citizens of the future. Popular activities include:

- Voluntary work at Evergreen School, Warwick – an all age school (4-19) for children and young people with special educational needs and disabilities.
- Sixth Form volunteering in Silent Valley, India. Staying on a local farm, students undertake community projects and work alongside Hindu children at a rural school.
- Regular student-led fairs in the Quad support local, national and international charities.

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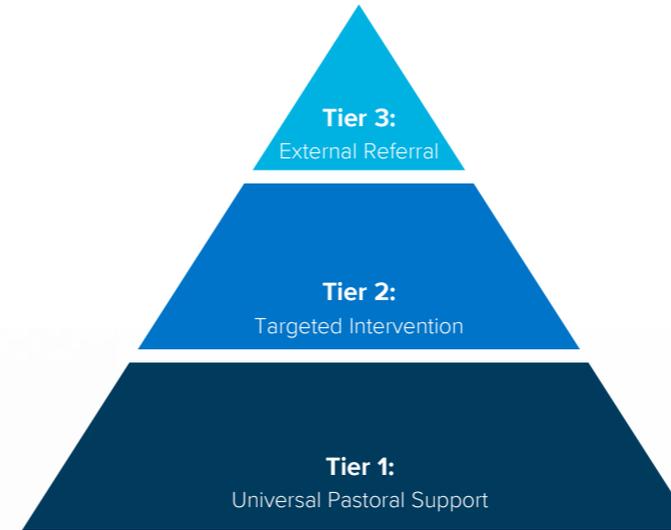
Wellbeing Support

In addition to our whole-school promotion of positive mental health, supporting students individually when they experience emotional challenges is a key element of our wellbeing provision.

Believing early intervention to be crucial, we operate a tiered system of support.

King's High Wellbeing Referral Process

Our Wellbeing Referral Process is designed to be straightforward. Students, parents or staff can contact a Head of Year or our Mental Health Lead, Charlotte. A short Wellbeing Referral Form is completed, and the appropriate tiered level of support is arranged.



Tier 1: Universal Pastoral Support

Our Pastoral Team

Mrs Watson oversees the work of our three Heads of Key Stage who between them have over forty years of experience as part of the King's High community! Working with their respective Heads of Year and Form Tutors, the heads of each section of the school are the stalwarts of our pastoral care, responsible for the overall welfare of the students in their year groups.

Our Wellbeing Mentor, Amy, and Mental Health Lead, Charlotte, provide additional drop-in opportunities for students to talk through their feelings and emotions.

Parsnip

Parsnip, a Parson's terrier, joined the team in January 2022, and immediately brought smiles to the faces of students and staff alike. Research shows that the presence of a calm, mellow doggy companion can reduce stress and have a positive impact on observable signs of anxiety such as heart rate and blood pressure. It is no surprise that our school dog has gained an immediate fan base.



Students are regularly directed to recommended online wellbeing support sites and to their Unifrog subscription accounts where a wealth of wellbeing resources are available in the 'Know-how library'.

Head of Learning Support, Mrs Harris, also works within the pastoral team, overseeing the dedicated 'Quiet Zone' which provides students with a safe space where a student can step out of the school routine for a moment of calm contemplation. When a student has a special educational need or disability she provides the expertise to ensure we offer the very best possible wellbeing support.

Tier 2: Targeted Intervention

Where a student would benefit from more specialist support, mentoring, counselling and the expertise of an educational psychologist, this can sometimes be provided during the school day.

Meg Lloyd: School Counsellor

Meg has an MSc in Integrative Counselling and Psychotherapy. Through her training she covered Cognitive Behaviour Therapy, Person-Centred Counselling and Attachment training.

Emma Rendle: School Counsellor

Emma's training is in Integrative Counselling for children and young people. She has also undertaken courses in Play Therapy and Trauma-Focused Cognitive Behaviour Therapy.

Pat Taylor: Dietitian

Pat has built a career supporting young people with eating disorders. Working with CAMHS, she has developed dietetic departments in several eating disorder facilities, alongside training in Cognitive Behavioural Therapy.

Dr Craig Joyce: Educational and Child Psychologist PhD, DEdCPsy, MA (Hons)

Dr Joyce has an ardent interest in the mental health and wellbeing of children, young people and their families. His particular specialism is the implementation of evidence-based preventative programmes, attachment, trauma-informed practice, and therapeutics.

Diana Award Wellbeing Ambassadors

Our more experienced student Wellbeing Ambassadors are trained to mentor younger students on a one-to-one basis, a role they take great pride in, often continuing to support a student over several years.

Flourish Mentoring

Students may elect to join one of our 'Flourish' structured mentoring programmes designed to tackle the root causes of low self-esteem and emotional resistance. Trained mentors listen, encourage and equip students to overcome the specific challenges holding them back. As part of a small group, students can explore the pressures they face, discover their unique worth and adopt strategies to cope with everyday challenges.

Online Support

Students are signposted to approved online specialist support services such as IAPT (Improving Access to Psychological Therapies), Kooth, (wellbeing community), and Alumina (self-harm support).

Tier 3: External Referral

For students requiring a higher level of need we can provide help with making referrals to GPs and specialist mental health providers such as CAMHS, RISE and SOLAR. Students referred to external agencies continue to receive bespoke pastoral support within school.

The Medical Centre

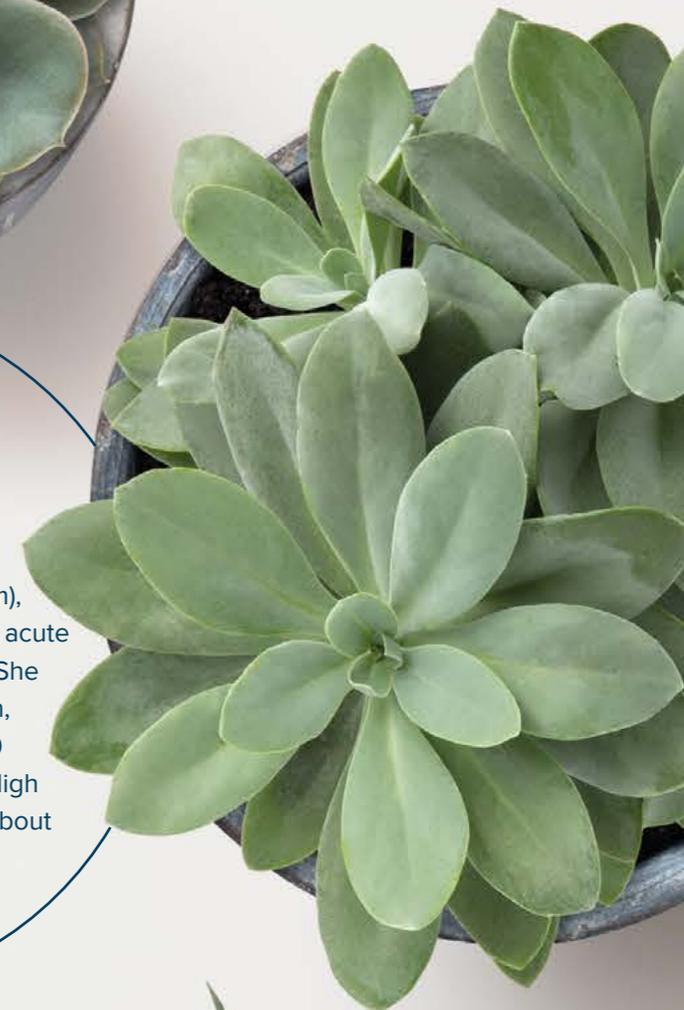
Physical and mental health are closely connected and we are fortunate to operate a full-time Medical Centre.

Lucy Dunster: School Nurse

Since qualifying as a Registered Nurse (RN, BSc (Hons) Birmingham), Nurse Lucy spent six years working in acute surgical and medical departments. She then worked in community health, delivering thousands of Covid-19 vaccinations before joining King's High in 2022. Nurse Lucy is passionate about promoting women's health and 'wellness'.

Debbie Harris: Health Care Practitioner

For 41 years, Debbie served as a Registered Nurse for people with learning disabilities including those with epilepsy. She has more recently worked in various education settings and since joining King's High in 2020, is thoroughly enjoying getting to know the students.



In Partnership with Parents

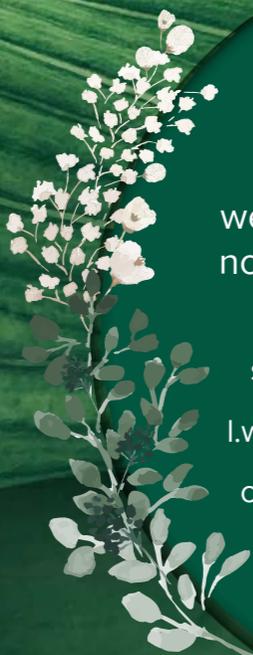
Parents are encouraged to contact Heads of Year to talk through any wellbeing concern, however small it may seem at the time, and we work hard to maintain a strong relationship with parents throughout a student's time at King's High.

Parents are warmly invited to our regular Parent Pastoral Forums, delivered by a combination of online and in-person talks and workshops led by external specialist speakers and the school's pastoral staff.

External contributors include:

- **Oliver Wellsby, Brightcore Safeguarding and Wellbeing Consultancy:** sessions on supporting positive mental health, anxiety and self-esteem
- **Dr Aric Sigman:** sessions on managing screen-time dependency and alcohol addiction
- **Liam Watson, Director of Drugstraining.com, (MSc, BSc (hons), PGDip. MBAR):** teenagers and drugs
- **It Happens Education:** inclusive, positive and protective relationships and sex education (RSE)
- **Warwickshire Police:** consent

Dates of upcoming pastoral forums are posted on the school website.



We love talking about our wellbeing provision so please do not hesitate to get in touch if you would like to know more.

s.watson@kingshighwarwick.co.uk

l.whittington@kingshighwarwick.co.uk

char.smith@kingshighwarwick.co.uk



The plant theme of our brochure
has been chosen to reflect
our interest in biophilic design and a
number of initiatives currently in their
infancy at King's High which explore the
connection between nature and wellbeing.



King's High School

King's High School
Banbury Road
Warwick CV34 6YE
t: 01926 494485

e: enquiries@kingshighwarwick.co.uk

kingshighwarwick.co.uk