

Wellbeing Charter

Better health through positive lifestyle



School of
CHARACTER



KINGS LANGLEY SCHOOL
SIXTH FORM
READY FOR YOUR FUTURE

Introduction

At Kings Langley Sixth Form we believe strongly that positive emotional wellbeing and mental wellness are not only crucial in enabling students to feel happy and fulfilled within themselves as individuals, but also in enabling them to thrive and flourish during their time with us here at school. Students who enjoy positive mental health and wellbeing are better able to cope with the normal stresses of life, work productively and fruitfully, fulfil their own potential and make a contribution to their wider community.

At Kings Langley Sixth Form we recognise, through consistent evidence from research, the links between contemporary socio-cultural challenges and student experience and youth development. The pervasive range of pressures and challenges that young people experience is having an increasingly noticeable impact, we therefore have to address these by adopting innovative strategies and a continuum of intervention, including a focus on social and emotional learning, and the active involvement of students in these.

We advocate a positive sixth form culture where student experience is high on our agenda where the culture is associated with positive development of young people. We shoulder the responsibility of the role we play in the holistic promotion of health and wellbeing and we are committed to ensuring that all young people's health and wellbeing is part of our provision.

This charter does not replace any part of the school mental health and emotional wellbeing policy and it is important to be explicit of our responsibilities outlined in the school safeguarding policy and KCSiE requirements. This charter stands as a firm commitment to promote the importance of educating and engaging young people in our sixth form, in wellbeing and supporting positive mental health. This charter encourages students, staff and parents/carers to identify ways of working in synergy, to positively impact student health and wellbeing.

Wellbeing Values

In line with our sixth form values and wider character education foundation, we hold the following values in this charter:

Accountability

Empowerment

Integrity

Tenacity

Responsibility

In order to achieve a culture of inclusion and belonging, in which everyone acknowledges and understands how diversity enriches our cultural and societal capital, we outline the foundations of our charter in four commitments:

Commitment A – Recognise the importance of a holistic approach to positive health and wellbeing. Recognising that health and wellbeing relates to emotional, physical and mental, self-actualisation, relationships, financial and environments.

Commitment B – Be proactive in providing opportunities to promote and educate young people on adopting health behaviours and making healthy decisions that benefit their own physical wellbeing.

Commitment C – Guarantee a culture where all young people are able to talk openly about their health and wellbeing, enabling them to feel safe and secure when asking for advice, guidance or support.

Commitment D – Be innovative in our response to contextual circumstances and challenges that face our young people today and what is coming.

These actions are embedded in our sixth form improvement strategy with explicit actions identified. Impact is measured, evaluated and reflected upon in order to identify opportunities for continuous improvement.

Our Wellbeing Charter Commitments

We commit ourselves to creating a culture where young people feel safe, happy and confident. This charter is designed to communicate the values and commitments that we, the whole sixth form community (students and staff), pledge our responsibility to achieve.

The following commitments have been agreed through student voice, collaboration between the student and staff body, and in partnership with representatives from organisations and bodies who champion health and wellbeing.

Our 10 commitments:

1. **Promote** - We will promote opportunities that support positive, healthy living that encourages wellbeing and positive mental health.
2. **Be inclusive** - Ensure that our community has a strong sense of belonging through an inclusive and inviting culture where everyone has a voice.
3. **Resilience** - Developing resilience through a positive mind-set where set-backs are authentically understood as an opportunity to learn and grow.
4. **Collaborate** - Integrating and working in synergy with stakeholders to achieve positive health and wellbeing.
5. **Signpost** - Be proactive in identifying appropriate services to the circumstances of young people at this stage of their education and development.
6. **Resources** - Ensure that resources are available to support the development of health and wellbeing, recognising the importance of access and equity.
7. **Accountability** - Promoting ownership of self-development through understanding how to overcome situations and challenges.
8. **Responsibility** - We need to appreciate the importance of taking control of our minds and owning our thoughts and behaviours to enhance self-efficacy.
9. **Confidence** - Create a culture where young people develop self-confidence and celebrate their personal achievements. We also advocate confidence in young people in speaking up about needing help.
10. **Culture** - Ensuring the health and wellbeing is a prerequisite of positive and effective culture.