



Student Wellbeing Policy

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Document Quality Control

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1.0 Introduction

- 1.1 This policy should be read in conjunction with the school Safeguarding and Child Protection Policy, the PSE and RSE Policies, the E-Safety Policy, the Anti-Bullying Policy, the Child on Child Abuse Policy and the Substance Misuse Policy.
- 1.2 In creating this policy local and national guidance were taken into consideration:
 - British Youth Council - A Body Confident Future (2017)
 - Relationship Education, Relationships and Sex Education (RSE) and Health Education. DfE updated 2021
 - Sexual Violence and Sexual Harrassment between children in school and schools. DfE 2021
 - Promoting and Supporting Mental Health and Wellbeing in Schools and schools. DfE, updated May 2022
 - National Children's Bureau – Partnership for Wellbeing and Mental Health in Schools; Supporting resources for School Leaders (2016)
 - National Children's Bureau – Prioritising Wellbeing in Schools
 - Charlie Walker Memorial Trust – Depression; Let's Get Talking

2.0 Purpose of the Policy

- 2.1 The purpose of this policy is to make clear to school staff, students and parents the importance that the school places on good physical and mental health and that a whole school approach to fulfilling the aim of having a healthy school community has been adopted by the school, its senior management team and governing body.
- 2.2 This policy makes explicit the methods, initiatives and developments that the school has embraced in order to ensure that students and staff are healthy, happy and safe.
- 2.3 The World Health Organisation's definition of health is promoted widely within the school and all pastoral initiatives, PSE and RSE curriculums and extra-curricular activities. This definition, **'Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'** forms the core of pastoral care at Cardiff Sixth Form College Cambridge.

3.0 Pastoral Care at Cardiff Sixth Form College Cambridge

- 3.1 From the onset, care of pupils is paramount at Cardiff Sixth Form College Cambridge. Prior to enrolment, the school will ask that any health, medical and dietary requirements are outlined so that staff can make reasonable adjustments where necessary to ensure that each learner is cared for appropriately.
- 3.2 In order to ensure parity of care across the school and in line with the school Equality, Diversity and Inclusion Policy and Confidentiality and Information Sharing procedures, information will be shared regarding learners on a need to know basis in order to meet health and wellbeing needs more efficiently.

- 3.3 Aside from having a medical team at the school, consisting of a nurse and matron, all students at the school are registered with a local General Practitioner to ensure that all their health needs whilst at school are being met appropriately. Further information on healthcare support, including healthcare plans for pupils and care of medicines can be found within the school Health and Medical Policy. Along with meeting the day-to-day health needs of pupils, the school medical team are also available to give health advice on a number of issues such as healthy eating, smoking cessation, exercise, and sleep hygiene and self-care. The team can also offer vaccination advice for pupils wishing to embark on international trips, or for seasonal communicable illnesses such as influenza.
- 3.4 The school nurses promote contemporary issues raised by Public Health England and students at the school are widely encouraged to voice their opinions on healthy eating and lifestyle choices via student focus groups and school wide national and local awareness weeks and campaigns. Such campaigns are promoted not only by staff at the school, but also by student groups and are advertised to students via school assemblies. Students have the opportunity to engage in pastoral enrichment sessions, widening the education on wellbeing and support they already receive.
- 3.5 Whilst pupils are supported by all school staff throughout their journey at Cardiff Sixth Form College Cambridge they will be particularly supported by their individual Head of House who will offer guidance and support on all school related matters, including pastoral care, careers and academic monitoring; each student will be introduced to their Head of House on arrival during the school induction process. Each student will be placed in one of two houses and will stay within that house for the duration of their studies at Cardiff Sixth Form College Cambridge. Students and parents alike can contact their Head of House with any questions or queries that they have and the Head of House will act as a point of contact for students with all staff including curriculum teachers and careers staff.
- 3.6 Students will have designated PSE and RSE sessions and this also allows for any concerns to be vocalised by pupils, giving them an opportunity to ask for help and support. Heads of Houses also meet with their house allocations individually on a regular basis so any worries or noticeable changes in a pupil's demeanour or studentship can be addressed swiftly to promote the wellbeing of the learner.
- 3.7 In addition to this above, the school has a separate Safeguarding Team who students are made fully aware of during the school induction programme at the start of each term. The safeguarding team offer support to all students on any safeguarding concerns they have during their stay at Cambridge. Students are given full contact lists for staff and support accessible in-house, along with extensive lists of local and national contacts and support that can be sourced for a variety of health and wellbeing related issues. Students are also given information regarding the pastoral programme, along with in-depth information regarding their health, safety and security whilst at school.
- 3.8 Boarding staff at the school, supervised by the school Senior Houseparent are accessible to students living in accommodation at all times and students are made aware that if they are upset, unwell or concerned about anything then they can access this support whenever they need.
- 3.9 All pastoral staff have received training in safeguarding and mental health first aid and members of the safeguarding team have gained more specialised training in addressing topics such as radicalisation, suicide and self-harm and emotional resilience.

- 3.10 The school also has an Independent Listener, details of which are advertised to the students during induction and via the student handbook and safeguarding policy and local counselling services such as Kooth and Meic, which are free for young people to access are widely advertised and promoted within the school.

4.0 The PSE and RSE Curriculum

- 4.1 All students at the school have a session a week on PSE and RSE (Physical, Social Education and Relationships and Sexuality Education). Full details of PSE and RSE topics can be found within the school PSE and RSE Policy. Having sessions on distinct pastoral issues such as healthy eating, healthy lifestyle choices, resilience, wellbeing; including digital wellbeing and mental health not only serves to prepare students for life outside of the school environment but gives them the opportunity to address and become more self-aware of issues that may be affecting them negatively and how to successfully address these.
- 4.2 Pastoral care and the PSE and RSE curriculum at the school aims to foster a preventative approach to pupil care and a whole school approach is adopted to promoting SMSC (Social, Moral, Spiritual and Cultural) education, with areas of this being addressed in wider parts of the school academic curriculum as well, along with whole school events such as the Cultural Event which help to reinforce these topics further.

5.0 Pastoral Programmes and Initiatives

- 5.1 The school prides itself on being a strong academic school where a large part of the focus is on academic success. There are, however, opportunities to engage in a variety of extra-curricular activities during students' time here.
- 5.2 During the year, as part of the school's Pastoral Programme, specific school activities are organised within and outside school to encourage students to socialise, communicate and enjoy a sense of participation within a community. The school recognises that interaction in this way can increase resilience, and both physical and mental wellbeing in a positive way. The Pastoral Programme is themed and activities are chosen which relate to the corresponding monthly themes. This approach is adopted so that pupils become more aware of key wellbeing topics throughout the whole of the school as connecting links are made through school assemblies, PSE and RSE sessions and the school's programme of extra-curricular activities.
- 5.3 All students are also part of a wider pastoral initiative via the CREATE© portfolio and the CREATE© Wellness Programme. Students at the school can obtain a Bronze, Silver or a Gold Award by engaging in five distinct areas; Community, Respect, Engage, Active, Thrive and Enrich, all of which are underpinned by articles of the UNCRC (United Nations Convention on the Rights of the Child), along with being linked to local and national wellbeing initiatives.

6.0 Student Voice

- 6.1 In promoting healthy body, healthy mind the pupils at the school are always at the forefront of all initiatives and measures to promote wellbeing. The school welcomes learner voice and regular feedback from students is welcomed and encouraged.
- 6.2 Students participate in student leadership team feedback sessions, along with whole school wide questionnaires to put across their views and inform the school about areas that they feel could be improved.