



THE TRAFALGAR SCHOOL AT DOWNTON



**STRATEGIC WELLBEING PLAN
2022-2024**

ACKNOWLEDGEMENTS



Many thanks to the Student Council in supporting the development of this Wellbeing Strategy.


The feeling of being in control, of having a say over what happens in one's life, has far-reaching consequences for physical and mental health, and for achievement at school.

This is one step in the right direction.

AUTHOR

Mrs Faulkner and the Student Council 2020-2021
Revised by the Wellbeing Ambassadors 2022-2023





EMPOWER

WHY ARE WE HERE?

Our Schools Strategic Aims and Objectives

Our purpose is to empower students to be the source of their own success. We will do this by:

1. Providing a healthy, safe, supportive and happy learning environment so that all students have the opportunity to grow emotionally, socially, morally, intellectually and spiritually.
2. Building positive relationships and a strong community so that all stakeholders feel valued and a sense of belonging.
3. Upholding high standards of behaviour so that all students have a moral understanding and a sense of civic responsibility to make the world a better place.
4. Promoting the physical, mental and emotional health of the child and the importance of a positive mind-set so that all students live long and happy lives.
5. Teaching students to 'fail well' so that students can rise to a challenge and are able to overcome barriers and setbacks.

WHY IS WELLBEING IMPORTANT?



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Students who are capable of managing their own wellbeing and mental health will become successful and happy adults

Wellbeing is an increasingly important part of the work that schools need to do to make their students feel safe and secure in the world today. The recent pandemic was a fine example of the resilience and flexibility which people living in the world today need to have to survive and to be successful.

Students who are capable of managing their own wellbeing and mental health will become successful and happy adults. That is our ultimate aim – to equip our students with the skills and attributes to help them lead a life fulfilled. Our mission is to give them a firm foundation for this life and to work with them and their families to ensure that they know how to manage their own mental health as they navigate through the uncharted territory of their teenage years.

A VALUES BASED EDUCATION

I AM STRONG AND SPIRITED

I believe that, as an individual and within a community, I am in charge of my own destiny and I have the power to change the world both for others and for myself. I am self-motivated.

I AM GIVING

I look for opportunities every day to serve other people and to make the world just that little bit better in whatever way I can. By doing this I improve my own sense of self-worth. I understand the importance of civic responsibility, of being a positively contributing member of society.

I AM DETERMINED

I do not give up even if the road gets tough. I am resilient, I persevere and I achieve my goals. I understand that commitment to a long term goal is the key to a successful and fulfilled life and gives me roots.

I AM COMPASSIONATE

I care about others and myself and I understand that sometimes people need our support.

I AM ENTHUSIASTIC

I enjoy life and I appreciate everything I see and do. I find joy in the smallest things. I always give of my best and expect the same from others.

I AM TRUSTWORTHY

I strive to do what is right and I value honesty and trust.

I AM RESPECTFUL

I realise that everyone has talents and gifts and should be respected. I expect that both for and from myself. I listen to others and I am courteous. I am socially confident and I understand the importance of self-regulation.

I AM OPEN- MINDED

I understand that difference is a positive thing and that no one way is always the right one. I am tolerant of others and expect the same towards me.



Our foundation and starting point for this wellbeing strategy is our Trafalgar School Values. 'Being Trafalgar' describes the character and morality which we aspire to for each of our students. Our values define us and underpin our ambition of a life fulfilled through empowerment.

THE TRAFALGAR VALUES – 'BEING TRAFALGAR'

THE 5 STEPS TO WELLBEING



The 5 Steps to Wellbeing is a framework which encapsulates everything that we need to do to maintain mental health and wellbeing in our lives. As a school we use this to make sure that we offer advice and opportunities to each of our students to give them the tools to manage their own wellbeing.

CONNECT



Connecting to other people and our environment is one of our most important qualities as humans. Nothing can replace the human contact which we get every day - a smile, a hug, a letter, an email, a phone call, a present, just being there for someone - the list of ways we show how connected we are to each other is almost endless.

The ability to connect and be connected is the bedrock of mental health and resilience. Anything which shakes these foundations can seriously affect your wellbeing, but remember it is not something which has to stay that way. There are always solutions to your problems. As you go through life these connections will change, but the ability to build and grow them will remain with you forever.

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...a smile, a hug, a letter, an email, a phone call, a present, just being there for someone

At Trafalgar we provide the following opportunities to connect:

- Limiting the size and growth of the school so we know you and you know us.
- Ongoing Mental Health Information and Support. PSHCE Curriculum topic.
- Your tutor group and House build a strong identity for you - you are in two smaller communities as well as the whole school which promote the school values and aims.
- Positions of responsibility for a large number of students- Form Captains, Sports Captains, School Council members, Eco-Council members, Prefects, Anti-bullying Ambassadors, Wellbeing Ambassadors.
- Counselling and mentoring support. We have four different tiers of counselling and support in addition to our universal pastoral support - tutor and Head of House.

School Counsellor - **Emma Lawson**

Mentoring from **Lewis Giles from The**

Bridge and **Phil Rhoades(Governor)**

In school listening ear -**Macayla Beckett**

School Nurse Drop in





CONNECT MORE

During this plan we will be doing the following to help you connect more in school:

- A resilience survey leading to activities to promote resilience in students
- A feelings box for the school counsellor to answer any queries anonymously
- Peer Mentoring
- Being in Someone's Shoes Day
- Student Wellbeing Forum
- Wellbeing Ambassadors
- Anti-Bullying Ambassadors
- Parent Wellbeing Forum
- Training in Life Saving for all KS3 students
- Marking Anti-Bullying Week annually
- Celebrating Diversity Week annually
- LGBTQ+
- Time 2 Talk Day
- Marking Mental Health Awareness Week
- Trafalgar Wellbeing Website review
- PPD coffee mornings for parents
- Relaunch of our Speakout contact email
- Prefects and Head Student drop-in for KS3
- Remodelling of Student Services to cater better for both anxious and medical students
- Increased wellbeing collaboration between MLP schools.

BE ACTIVE



Regular physical activity is associated with a greater sense of wellbeing and lower rates of depression and anxiety.

There are many sports and activities which you can do in either short bursts of 10 minutes, as mood lifters, or longer more regular amounts of time.

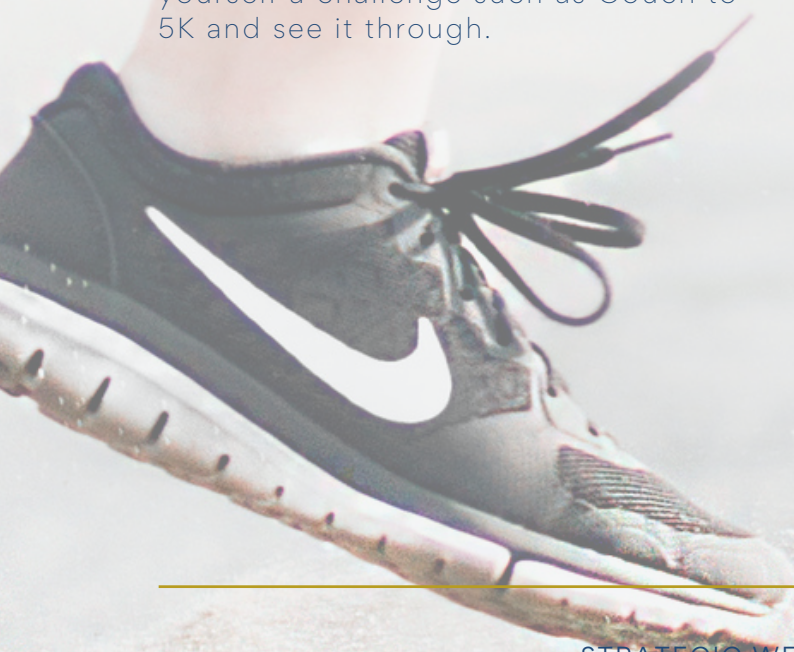
Find a sport in school which you like and decide how you can keep doing it outside of your lessons. Find a club out of school which interests you. Set yourself a challenge such as Couch to 5K and see it through.

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physical activity is associated with a greater sense of wellbeing

At Trafalgar we provide the following opportunities to be active:

- 2 hours of Physical Education per week
- A wide range of sporting opportunities within the curriculum with a focus on participation
- Space at break and lunchtime to run around and play sports including table tennis, basketball and football
- Lunchtime Sports Clubs
- House Sports competitions
- The Great Big Walk
- A healthy range of food in the restaurant
- Water fountains around the site to keep you hydrated
- DofE Award Expedition
- Activities Week.





MORE ACTIVE

During this plan we will be offering the following opportunities to support you being more active:

- Discussing a scheme to give our students special rates at the local gym
- Working with the PE department to look at other opportunities available out of school
- Couch to 5K
- Looking at active lifestyle awareness ideas and publicising this
- Continuing to review our co-curricular offer and offering a wider range of opportunities to all students
- Working with families to encourage family fitness ideas and challenges.

KEEP LEARNING



Keeping learning gives you the chance to interact with people in a different way. You can build a rapport with your teachers, your peers and you can challenge yourself to learn new things.

Setting yourself targets and hitting them gives you a tremendous feeling of achievement which has a very positive effect on your wellbeing.

Lifelong curiosity about learning is a valuable attribute which will continue to enhance your life whatever age you are.

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Setting yourself targets and hitting them gives you a tremendous feeling of achievement

At Trafalgar we will do the following for you in school to ensure that you have the best opportunities to keep learning:

- We will share a passion for our subjects and a love of life
- We will help you develop good 'academic habits'
- We will deliver a broad curriculum so that all students can both develop and demonstrate their understanding and capability
- We will provide teaching of the highest quality so that it motivates, stimulates, builds confidence and ultimately enable you to think and act for yourself
- We will provide a co-curriculum that builds character and develops lifelong interests.



KEEP LEARNING

During this plan we will provide the following to enhance your learning:

- High quality learning resources like the exercise books and Knowledge Organisers
- Increased use of online learning to support in-class learning
- Revamped pastoral booklets for tutorial sessions to help you reflect
- Refining our 'Great Big Read' to bolster our love of reading. Books have been chosen that highlight issues that impact on our wellbeing
- Building up a fiction library offer for mental health and wellbeing including magazines
- Increase opportunities for competition and challenge within the curriculum.

GIVE



Giving can mean raising money or donating to charity but it can also mean volunteering your time to listen to someone, making sure you smile at people and remain positive, give of your best to everyone you meet.

Giving is both an opportunity and a responsibility. In school Giving is one of our Trafalgar Values.

In school we try to make our students aware of things outside of school and give you opportunities to support charities which either have a link with our students or staff for whatever reason or those who support the local or national community. Prefects are linked to each Head of House to spearhead charity fundraising efforts.

Everyone of us can find some way of supporting the House charities. It may be a sponsored silence, a fitness challenge or something more wacky- we all have the chance to shine!

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.... give of your best to everyone you meet.

At Trafalgar we provide the following opportunities to give:

- Charity fundraising opportunities
- Leadership responsibilities- school council, eco-council, prefects, Head Students
- Peer Mentor opportunities
- As an Ambassador
- As tour guide
- Through the Service element of DofE
- Being a Learning Support Prefect.





GIVE

During this plan we will provide the following opportunities to give more:

- Through DofE from Years 9 (Bronze) and Year 10 (Silver)
- More leadership opportunities
- Liaison with the Downton Green Group through the Eco-Council
- Liaison with the Parish Council through the Student Council
- Lead student projects - School Council, Mentoring and Eco Council
- For Year 11s - Information and encouragement to take part in the National Citizen Service
- Working with our House charities to make a positive contribution to our wider community
- Paying it forward initiatives
- Setting up a food bank collection point in school for Downton Baptist Church.

TAKE NOTICE



Being aware of your surroundings, your feelings and your wishes and feelings is an important way to appreciate the world and your place within it. Some people call this mindfulness but it is so much more than that.

Taking notice is an important self-help strategy, which allows you to find your place in the world and to lose yourself in the beauty of even the smallest detail.

In school we try and notice all the amazing things which you do and the way you contribute to our school community. Every student has individual talents and gifts which make us as a community so proud. Many of you do things quietly and without fuss either in or out of school – your contribution to your school and local community is hugely appreciated.

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....allows you to find your place in the world and to lose yourself in the beauty of even the smallest detail.

Several of the ways we celebrate and take notice in school are:

- House Points and Badges
- Academic Standards, Praise Letters and Reports
- Phone calls home
- Pastoral Stars of the Week
- Pastoral Stars of the Term
- Celebration and Presentation Evening
- Sports Awards

MINDFULNESS



TAKE MORE NOTICE

During this plan we will be taking more notice:

- Increased reward categories so there are many more rewards than sanctions
- Broadening our tutor reflection programme. Introducing the 'We are....'
- Increased school official opportunities
- Aspirational displays around the school including the 5 steps to wellbeing
- Wellbeing Wednesday from Term 3 with an emphasis on things to try and strategies to enhance mental health
- 'The Great-full Project' - A gratitude project
- Mindfulness Training for students
- Prompt questions around the school to make people think about others
- Mental health education sessions for parents.

YOUR WELLBEING IS YOUR RESPONSIBILITY - 'ME TIME'



Making self-care a priority in your life is vital to you experiencing joy, happiness, and fulfilment. Make some 'me time'

It is just as important for you to look after your wellbeing out of school.

Through our co-curricular activities and the way you manage your free time out of school there are many opportunities to enhance your wellbeing.

What follows is not an exhaustive list but it gives you some simple ideas which you can fit in your daily life and things which may make you look at life a bit differently. If you have the ability to look back at your life or step out of your current problems and 'just be' you will find that your life is subtly changed for the better and you are more able to heal yourself.

TRY THESE:

The background of the entire page is a close-up photograph of autumn leaves in shades of brown, orange, and yellow. A large, white, semi-circular shape is positioned on the left side of the image, containing the text. The text is in a dark blue, sans-serif font.

WAYS TO CONNECT

1. If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together arrange a day out with friends you have not seen for a while
2. Try switching off the TV to talk or play a game with your friends or family
3. Visit a friend or family member who needs support or company
4. Make the most of technology to stay in touch with friends and family. Video-chat apps like WhatsApp and FaceTime are useful, especially if you live far apart
5. Talk to someone instead of texting
6. Speak to someone new
7. Ask how someone's weekend was and really listen when they tell you
8. Put five minutes aside to find out how someone really is
9. Find an old photo of friends or family and share it with them
10. Share a random or inspirational story with your friends
11. Write a postcard to someone
12. Ask your parents or grandparents about their childhood
13. Don't use your phone for a day!



BE MORE ACTIVE

1. Find free activities to help you get fit
2. Find out how to start running, swimming, cycling or dancing
3. Download a fitness App
4. Choose a sports club to go to in school
5. Find a workout video on YouTube you like and do it
6. Join a sports club out of school
7. Have a kick-about in a local park
8. Do some 'easy exercise', like stretching, before you leave for school in the morning
9. Try yoga
10. Play your favourite song and dance to it
11. Go to your local park
12. Walk the dog
13. Walk or cycle to school.



KEEP
LEARNING

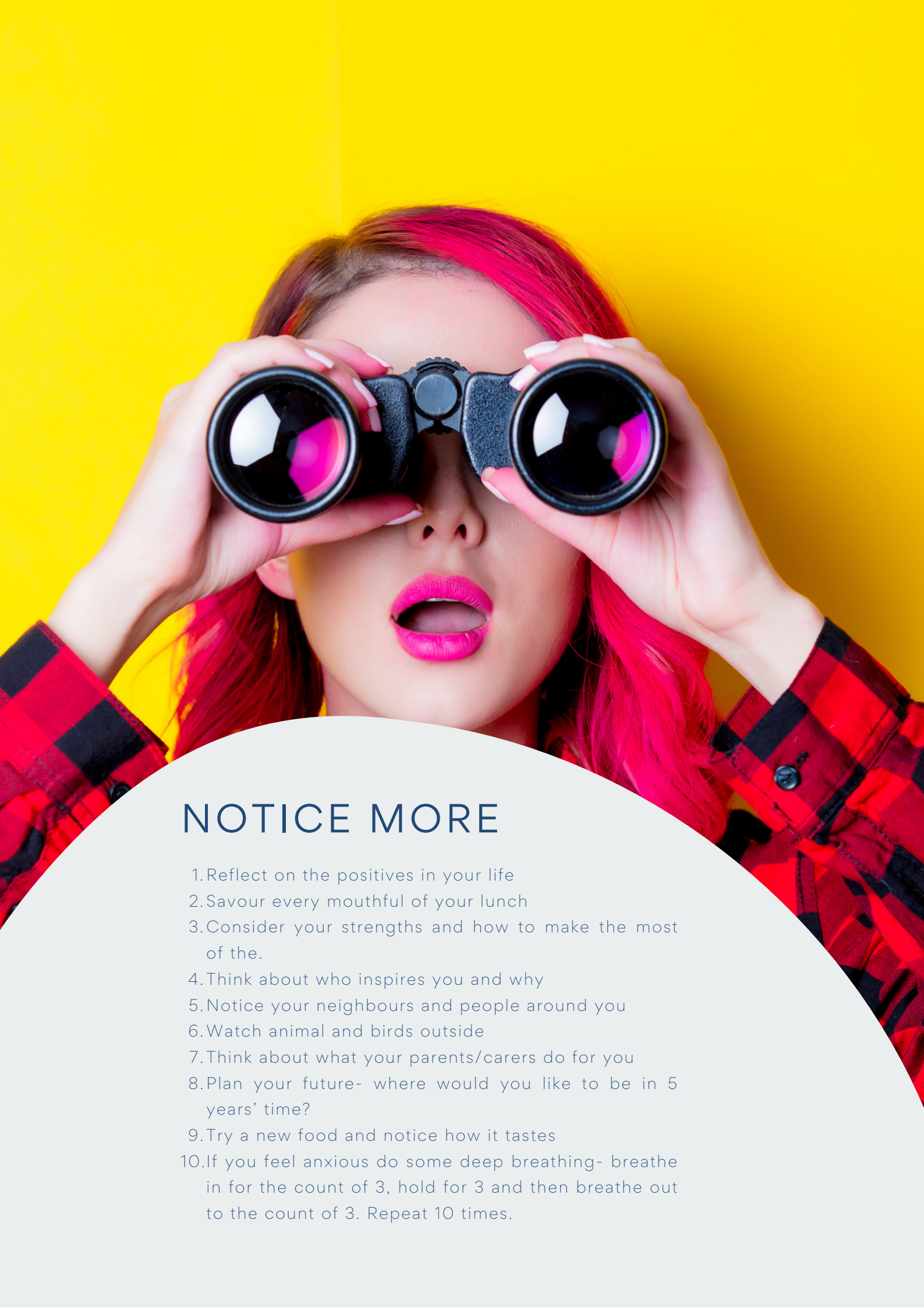
KEEP LEARNING

1. Try learning to cook something new. What about baking?
2. Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint
3. Sign up for a class
4. Read the news more - download a news app.
5. Set up a book club
6. Research something you've always wondered about
7. Learn a new word
8. Download a random fact app
9. Learn a new dance routine or the words to a new song
10. Learn more about your family history
11. If you hear something you don't understand it, google it straightaway
12. Think about how others are feeling and work out why.

GIVE MORE

1. Say or text thank you to someone for something they have done for you
2. Ask friends or family how they are and really listening to their answer
3. Spend time with friends or relatives who need support or company
4. Offer to help someone you know with a project or homework
5. Donate your time to a neighbour
6. Bake a cake and take it to someone
7. Give some food to a foodbank
8. Be a mentor
9. Raise money for your House charity
10. Be a good role model
11. Volunteer for a responsibility at school
12. Volunteer for a local charity or club.





NOTICE MORE

1. Reflect on the positives in your life
2. Savour every mouthful of your lunch
3. Consider your strengths and how to make the most of the.
4. Think about who inspires you and why
5. Notice your neighbours and people around you
6. Watch animal and birds outside
7. Think about what your parents/carers do for you
8. Plan your future- where would you like to be in 5 years' time?
9. Try a new food and notice how it tastes
10. If you feel anxious do some deep breathing- breathe in for the count of 3, hold for 3 and then breathe out to the count of 3. Repeat 10 times.

Wellbeing is something which is different for everyone – you have to choose your own solutions and be honest about what will help you.

Remember that these things may change as you become older and your attitude to life changes with it.



STAY WELL!



The Trafalgar School at Downton

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