



Wellbeing at Doubletrees



Definition of Wellbeing

The state of being comfortable, healthy or happy

Our aim is to ensure that all individuals within our setting thrive and flourish.

What does wellbeing mean to our staff?

- Feeling valued and appreciated
- Having time and space for yourself
- Feeling healthy in mind and body
- Feeling supported and connected with others
- Having work life balance

What does wellbeing mean to our learners?

- Doing things they enjoy and find interesting
- Having adults who care for and look after them
- Having a voice – being heard and being given the means to communicate
- Having favourite things that make them feel safe.

How we will ensure a sense of wellbeing within our school:

- Noticing others, saying hello
- Being aware of others and considerate of their wellbeing
- Celebrating achievements and complimenting others
- Saying thank you
- Being kind
- Making everyone feel included and part of the team
- Sharing with and being supportive of others
- Having empathy and sympathy
- Being positive.

The role of the wellbeing team

- Listening and responding to feedback from all those who attend our school in how we can best support wellbeing
- Signposting to help and support when needed
- Organising events and opportunities to help us stay connected, celebrate and have fun together and feel part of a team.
- Developing ways to celebrate and recognise individuals or teams within our setting.