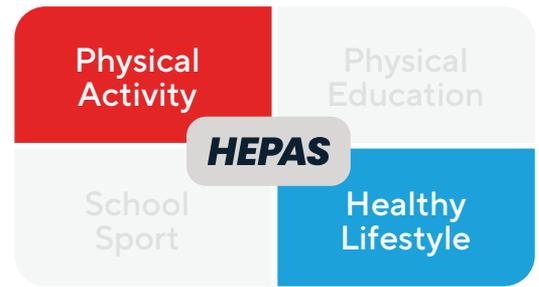


#29 WELL SCHOOLS

Youth Sport Trust
United Kingdom



School events, project weeks, camps



Active learning



Healthy eating

DESCRIPTION:

The Youth Sport Trust has started to work with schools to help shape Well Schools - a movement to support schools to drive improvements in wellbeing for all teachers, senior leaders and young people by placing wellbeing at the very heart of schools. Well Schools is fundamentally an education strategy. A Well School places just as much emphasis on wellbeing as it does on academic performance. It understands that children and young people are more effective learners when they are happy and well and that schools must take care of their staff and pupils' wellbeing in order to create a culture that allows everyone to reach their potential.

The graphic features the Well Schools logo at the top. Below it is a blue banner with the text 'Well Schools' and 'Supporting you in placing wellbeing at the heart of education'. The banner includes icons of a lightbulb and a staircase, and a photo of a smiling woman and two children. Below the banner is the Youth Sport Trust logo. At the bottom, there are three icons with corresponding text: 'Well Led' (staircase icon), 'Well Prepared' (heart icon), and 'Well Equipped' (globe icon). Each icon has a short paragraph of text describing the concept.

COGNITIVE ENGAGEMENT

Schools and their staff learn about the different components of well-being and their potential positive impact.



SOCIAL INTERACTION

During the workshops, children interact frequently with one another and with the teacher.

ORGANISATIONAL NEEDS

Wellbeing impacts on students' self-beliefs, aspirations and learning. Teachers wellbeing underpins great teaching. Treatment of wellbeing in schools can be mainly a reaction to poor wellbeing rather than the promotion of positive wellbeing. Environmental and social changes affecting young people's physical and mental development demand different approaches to education. The changing world demands broader education outcomes. The impact of taking this approach can be assessed through improvements in the physical, social and emotional health of staff and pupils and by overcoming inequalities in order to enable every child to achieve their potential in school, in work and in life.

If you want to know more about the practice

youthsporttrust.org/wellschool

www.well-school.org



The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

www.movingschoolsaward.com