



Everychild Partnership Wellbeing Principles

Wellbeing can be emotional, social and economic and can affect physical and mental health. It encompasses all areas of life - work, education, training or recreation, domestic, family and personal domains.

Wellbeing [noun] – the state of being comfortable, healthy or happy.

At the heart of 'how we are' at Everychild Partnership Trust we have Five Core Values. These have been chosen and adopted through consultation. The values support us to consciously choose our attitudes and behaviours and set out the code by which we endeavour to live and create a community that works together for the wellbeing of all.

Through our values we understand wellbeing for our Trust community to mean:

Respect

- Personal dignity. Being treated with and treating others with respect
- Having respect for others builds trust and gives a feeling of support.

Responsibility

- Feeling in control through being offered and taking the opportunity to contribute and participate in the organisation.
- Taking responsibility for own wellbeing – use of time and self-care. Everyone looks out for each other's wellbeing.

Courage

- Recognising and being brave enough to challenge appropriately, respectfully and compassionately when something genuinely affects wellbeing; being brave and secure enough to debate professionally to find solutions.
- Having the courage to share feelings and ask for/access support – within the organisation and outside.

Compassion

- Behaving with compassion and empathy for each other through having shared beliefs, goals and understanding.
- Being able to see the bigger picture and consider the benefits for all. Treat mental well-being the same as physical wellbeing. Look after everyone.

Integrity

- Creating a culture of trust, being proud of the work we do, doing what's right, not what's easy. Doing 'the right thing' - being honest, accountable, and ethical -
- Feeling content with life because you know what your values and priorities are and are not afraid to take action to pursue them. Others value integrity in the people they surround themselves with.

At Everychild Partnership Academy Trust, we are committed to promoting positive wellbeing and mental health amongst our pupils, their families, our staff members, directors, trustees and governors. With the education and care of children as our core purpose, we recognise in particular that children's emotional health and wellbeing influences their cognitive development and learning, along with, their physical, social, health and mental wellbeing, into adulthood. We understand that every one of us may experience challenges in life, which may make us feel vulnerable and impact on our wellbeing and where additional support to improve our wellbeing may be helpful. We believe that all children, young people and adults have the right to be educated and work in an environment that supports and promotes positive wellbeing for everybody.

Wellbeing and mental health are closely linked. Our mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

We are committed to improving positive wellbeing and mental health, based on evidence of what works alongside our experience and knowledge and of how best we can support *our* children, families, staff and community. This commitment moves beyond learning and teaching to pervade all aspects of our school life.

Eight principles to promote a whole school and college approach to emotional health and well-being taken from 'Promoting children and young people's emotional health and wellbeing: A whole school and college approach.'





We believe that by promoting positive wellbeing and mental health in school we will:

- Have a cohesive and co-ordinated approach to wellbeing included within all policies and practices
- Raise awareness as to how the whole school community can look after their own wellbeing and that of others
- Help to de-stigmatise mental health
- Support people and provide opportunities that enable everyone to reach their potential
- Strengthen relationships and provide opportunities for different ways of working
- Provide foundations for life-long learning
- Promote and strengthen resilience throughout the whole school community and empower everyone to face life's challenges