

Victorious International British School

Director: Victoria Gomez-Middleton
Partida Cap-Negret,
Costa Bella, Locales 13 y 14,
Altea, Alicante 03590
Telephone: 634806696
Email: admin@victorious-school.com



Emotional Health and Wellbeing Policy

Well-being

"Well-being is a particular state or feeling that can be recognized by satisfaction, enjoyment & pleasure. The person is relaxed and expresses inner rest, feels the energy flow and radiates vitality, is open to the surroundings, accessible and flexible." *Professor Ferre Laevers*

Why is well-being important?

Well-being relates to our basic needs as human beings. These are

- Physical needs (need to eat, drink, move & sleep)
- The need for affection, warmth & tenderness (being hugged, receiving & giving love & emotional warmth)
- The need for safety, clarity & continuity (knowing the rules, being able to predict what comes next, counting on others)
- The need for recognition & affirmation (feeling accepted & appreciated by others, being part of a group & having a sense of belonging)
- The need to feel capable (feeling that you are good at something, to experience success.)

A Whole School Approach

We are committed to supporting the emotional health and well-being of both the children and adults in the school. As part of this commitment we follow 'The 5 Ways to Wellbeing' approach for both children and adults in the school. The following steps have been researched and developed by the New Economics Foundation.

They are as follows:

- Connect
- Be active
- Take notice
- Learn
- Give

More information can be found at: <https://www.mind.org.uk/workplace/mentalhealth-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

For children

Intellectual development and social & emotional development are strongly influenced by a child's experiences during their school years. Emotional well-being includes being happy and confident and not anxious or depressed. Social well-being allows children to make good relationships. As part of our ongoing observation, assessment & planning cycle your child's teacher will be monitoring their well-being & involvement and planning activities to support the children in this area. This will be shared with you as part of our parent consultation process. We record children's well-being & involvement as part of our informal and formal observations. Teachers should identify factors that may pose a risk to a child's social & emotional well-being as part of the on-going assessment of their development.

This could include:

- A child being withdrawn
- A child being unresponsive
- Children showing signs of a behavioural problem
- Delayed speech or poor communication & language skills

Teachers understand children's emotional health needs and have the time & skills to develop nurturing relationships.

For adults

Emotional health and well-being is key to being an effective educator and member of the team. A culture of care and support is nurtured at the school, with staff members encouraged to share any emotional health or well-being concerns with colleagues or the Director in the strictest confidence. The Director has an open-door policy and will do her utmost to be available to staff members should they wish to discuss or share a personal concern or worry. Regular supervisions enable staff members to share concerns or issues and discuss these in depth with the Director. Work-life balance is valued and supported.

Workload for teachers is constantly reviewed in order to promote the well-being of all at the school.

Benefits to children & families

- Children who are more engaged with learning
- Parents who are more engaged with the school and more in tune with their child's learning & development
- High morale within the school
- Staff feel valued, listened to and supported
- Good relationships developed between staff, parents & children
- Good emotional health of the children and adults

This policy was adopted by

On

Date to be reviewed

Signed on behalf of the provider

Name of signatory

Role of signatory

Victorious School

1st September 2022

1st September 2023

E Signature 

Victoria Gomez-Middleton

Director