



WELLBEING POLICY

Guiding Statements

To provide a safe, welcoming and affirming environment reflecting the school's values, child protection and safeguarding guidelines, to develop students socially, physically, emotionally, intellectually and spiritually.

To develop strong partnerships with all stakeholders to ensure the safety, well-being and holistic development of all students, including those in Boarding and Homestay arrangements.

ACS (International)'s Approach to Promoting the Wellbeing of Students

The World Health Organisation defines wellbeing as follows:

"Wellbeing is present when a person realizes their potential, is resilient in dealing with the normal stresses of their life, takes care of their physical well-being and has a sense of purpose, connection and belonging to a wider community. It is a fluid way of being and needs nurturing throughout life."

World Health Organisation (WHO), 2001

The promotion of students' holistic wellbeing is central to the mission and values of ACS (International). This includes:

- Recognising and responding positively to a student's emotional and/ or behavioural needs
- Communicating with parents positively and realistically to create a partnership approach to children's emotional health and well-being
- Liaising with appropriate agencies to enlist advice and/or support (e.g. Child Protection Services)

Key Members of Staff

At ACS (International) all staff have a duty of care to promote the safety and wellbeing of students, however key members of staff have specific roles to play in promoting various aspects of wellbeing:

- Safe Guarding Lead
- School Counsellor
- International Pastoral Care Coordinator
- Learning Support Specialist
- House Master/Mistress
- House Tutor

Promotion of Wellbeing

At ACS (International) it our aim to not only ensure the safety of students, but actively promote their wellbeing. This is done through various means and initiatives, including (but not limited to):

- Wellbeing Week – promotes mental, physical, spiritual, occupational and social-emotional health and wellness
- Tutor Pastoral Program – focuses on anti-bullying, digital citizenship, child protection, relational wellness and personal growth and development
- PHSE – focuses on self-esteem, social interaction, team work, leadership and physical health

Clear policies for Child Protection, Anti-Bullying and ICT are promoted in school. Together, these all provide the foundations for emotional health and well-being.

<i>Prepared By</i>	<i>Approved By</i>	<i>Review and Revised</i>	<i>Reviewed by</i>	<i>Next Review</i>
PST	SLT		PST	T4 2021

Accessing Support Services

All students have the right to receiving counselling and support at ACS (International). Confidentiality is important to us and the student has the right to confidential counselling and support. Exceptions to confidentiality would include the following:

- Student is at risk of harm by others (e.g. abuse and child protection concerns)
- Student is at risk of harm to self (i.e. self-harming and suicidal ideation/risk)
- Student is at risk of harming others

Procedure if student is considered at risk of harm

If there is a concern that the student is high risk or in danger of immediate harm, the school's Child Safeguarding and Protection procedures should be followed.

If the child presents a high-risk medical emergency, relevant procedures should be followed, including involving the emergency services if necessary.

If a member of staff is concerned about the mental health or wellbeing of student, in the first instance they should speak to the School Counsellor, House Tutor or House Master/Mistress.

Procedures if student is considered at risk of harm to self

- If student is presenting with physical injuries, refer to the nurse for medical care.
- If a member of staff has concerns regarding the mental health of a student or suspect that a student is engaging or at risk of engaging in harmful behaviour, they are to notify the Vice Principal and School Counsellor immediately.
- Staff are not to investigate the matter themselves or take further action including notifying parents and/or guardians. Staff's responsibility is to report it to the School Counsellor or a member of SLT. The reason for this is that Senior staff might have more knowledge of the case and be in a better position to respond sensitively and appropriately.
- Following the report, the VP and School Counsellor will decide on the appropriate course of action. This may include:
 - Contacting parents or guardian
 - Arranging professional assistance e.g. doctor, nurse, social services
 - Referring student to a psychologist or psychiatrist
 - Pastoral Care Plan
- If suicidal ideation/intent is disclosed, parents or guardian will be notified.
- It is the responsibility of the parent/guardian to arrange for psychiatric assessment to ascertain the level of risk and the student's safety at school. Only once the psychiatrist/psychologist confirms that the student is safe to attend school will the student be allowed to return.

Warning Signs

Staff may become aware of warning signs which indicate a student is experiencing mental health or emotional wellbeing issues. These warning signs should always be taken seriously and staff observing any of these warning signs should alert (insert name of mental health first aider).

Possible warning signs, which all staff should be aware of include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope

- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Skipping PE or getting changed secretly
- Lateness to, or absence from school
- Repeated physical pain or nausea with no evident cause
- An increase in lateness or absenteeism
- Risk taking behaviour

Responsibility

The most important role school staff can play is to familiarise themselves with the warning signs outlined above and to act immediately if they have concerns regarding a student.

Students need to be made aware that it may not be possible for staff to offer complete confidentiality. If you consider a student is at serious risk of harming themselves then confidentiality cannot be kept. It is important not to make promises of confidentiality that cannot be kept.

It is the responsibility of members of staff to report any concerns immediately to one of the designated safeguarding lead staff. Staff are not to investigate the matter themselves or take any further action such as disclosing information to parents or other members of staff.

Signposting

We will ensure that staff, students and parents/carers are aware of the support and services available to them, and how they can access these services.

Within the school (noticeboards, common rooms, toilets etc.) and through our communication channels (newsletters, websites), we will share and display relevant information about local and national support services and events.