

Heworth Grange Wellbeing Steps

The wellbeing package at Heworth Grange is underpinned by themes which have been identified as supporting a person's wellbeing. These themes will run through student, parent and staff input to ensure a cohesive approach and common language.

Student Wellbeing Package

All students will receive termly wellbeing assemblies

- In term one structured conversations will be used to support students in exploring and discussing their own wellbeing
- All students will receive termly advisory time wellbeing input
- Online resources are under development on the school website
- Opportunities for exploration of mindfulness and relaxation will be offered throughout the school year.



Joint student and parent wellbeing input

During the coming academic year opportunities for parents to explore their own wellbeing and how they can use school resources to develop wellbeing at home for their children.

Staff wellbeing package

Regular opportunities for staff to reflect on their own wellbeing are provided throughout the year

- Staff wellbeing resources mirror the student input providing opportunities for joint staff and student participation.