













Wellbeing Steps

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

Sleep 	Exercise 
Purpose in life 	Listen to music 
Recognise emotions 	Time in nature 
Friends and Family 	Eating the right food 
Gratitude and Kindness 	Learn something new 
Mind wandering 	Mindfulness 



Student Wellbeing Package

- All students receive termly wellbeing assemblies
- In term 1 structured conversations will be used to support students in exploring and discussing their own wellbeing
- All students receive termly tutor time wellbeing input
- Online resources are under development on the school website and Firefly
- Opportunities for exploration of mindfulness and relaxation are offered throughout the school year.

Joint Parent & Student Wellbeing input

- During the coming academic year opportunities for parents to explore their own wellbeing and how they can use the college 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.