

# Update on the Well-being award at RPCC



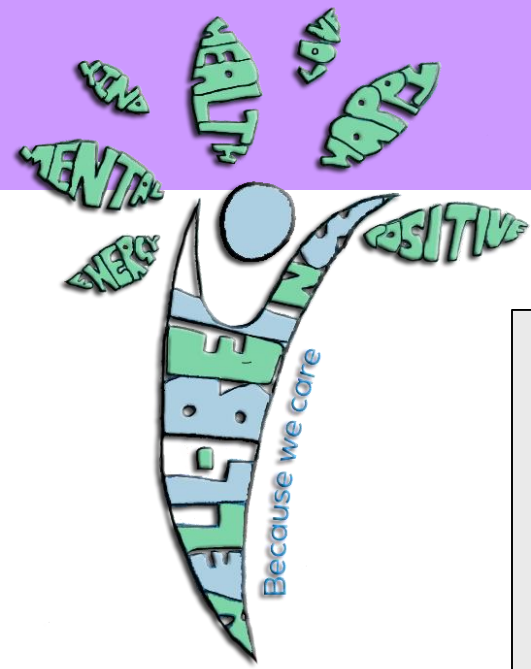
- We are 75% complete towards the award
- The visit in July from Clare (our advisor) was very impressed with our progress so far
- We have one more visit in November
- We need to complete 1 more questionnaire to help us improve even further
- **Everyone** is responsible for making this happen

Together, we can do this 😊



## What is the award?

- **We are aiming to get the award. This means that our school cares about Well-being and we want to get even better at it.**
- **If we get the award, we will be given a stamp/logo to put with all the other ones we achieve to share and celebrate our success**
- **It will mean that our school has Well-being embedded in every aspect of the school to help improve Well-being across all stakeholders**



# Well-being at RPCC

## What we offer at RPCC

- Safe spaces (look for our Well-being logo)
- Well-being area in the library (books, activities...)
- Well-being Wednesday slides/Looms in tutor every week
- PSHE days to include Well-being
- Well-being week planned in the calendar
- Well-being assemblies
- Services from students (anti bullying, Mental Health, Peer mentors, Well-being Champions...)
- Student support services (referral systems in place) through Tutor, HOY, Student support)
- Full time counsellor on site

The list goes on...

# Happy Well-being Wednesday!

## Where to get help if you need support:



**Kooth is a free online service offering emotional and mental health support for children and young people**

**[www.kooth.com](http://www.kooth.com)**

### @RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Duty team
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

