



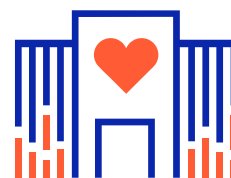
YOUTH
SPORT
TRUST

WELL
SCHOOL
COMMUNITY

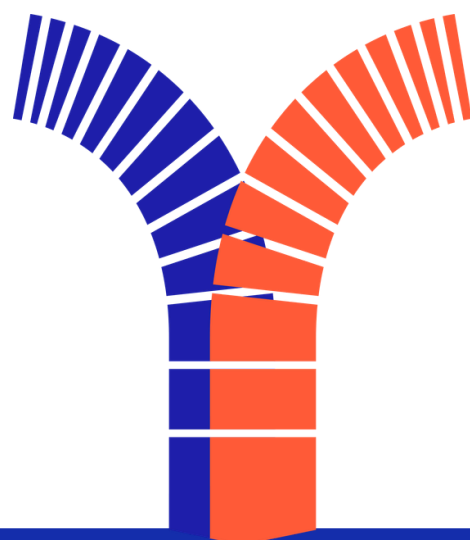


Further Reading Guide:

Measuring Wellbeing



Well Culture.



This resource has been designed based on the Well Schools Well Culture pillar.

1. Well Schools A Practical Guide to Measuring Wellbeing in Schools

Why read it?

This is the guide featured throughout the presentation, covering the full process from choosing measures to analysing results and creating an action plan.

Key takeaway for school leaders

Measurements are only useful when schools understand the evidence, involve stakeholders and use it to guide improvements.

2. The Wellbeing Paradox by Dr Sarah Taylor

Why read it?

The book Adrian Bethune explicitly recommends for leaders interested in workplace wellbeing.

Key takeaway for school leaders

Wellbeing is not a mechanical problem to fix. A living-systems approach focuses on relationships, participation, meaning and the way work is experienced.

3. The Good Childhood Index by The Childrens Society.

Why read it?

A statistically robust questionnaire for children aged eight and over that can support benchmarking against wider evidence.

Key takeaway for school leaders

The index considers overall life satisfaction and ten aspects of children lives, including school, relationships, health and choice.

4. CORC Measuring Mental Wellbeing eLearning

Why read it?

A free starting point, highlighted in the presentation, for selecting and using measures with children and young people.

Key takeaway for school leaders

Schools should use validated tools that match their purpose, population and practical context.



SportPark
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire LE11 3QF

01509 462900

info@youthsporttrust.org

www.youthsporttrust.org

@YouthSportTrust

Registered charity number 1086915

Registered company number 4180163

