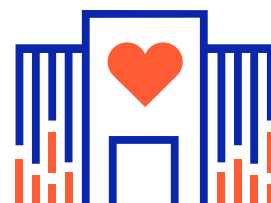




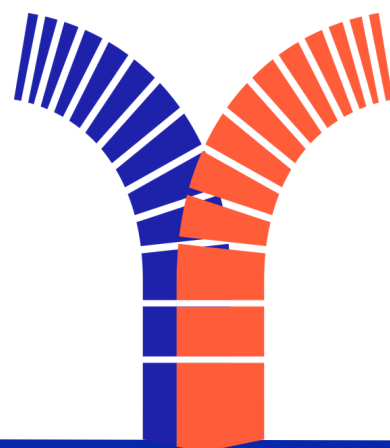
Well School Governance. A guide for Trustees and Governors.



Well Culture.

Brief Summary for School Leaders

Dean Pomeroy, Head of School Improvement at the Youth Sport Trust, highlights the growing importance of physical activity, wellbeing and school sport within the wider education landscape. Governors and trustees have a unique opportunity to influence school culture and ensure that children and young people experience an education that supports both achievement and wellbeing.



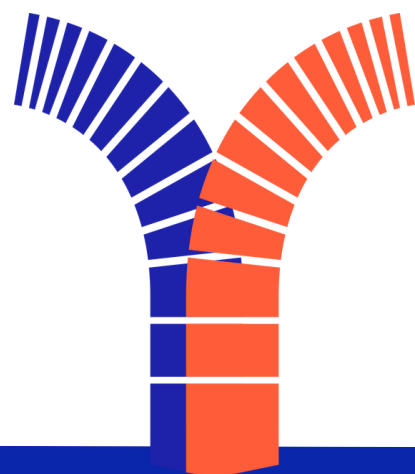
This resource has been designed based on the Well Schools Well Culture pillar.

Key Messages

- Schools are facing increasing challenges linked to wellbeing, attendance, behaviour and mental health.
- Children and young people are becoming less active at a time when balanced educational experiences are increasingly important.
- Evidence strongly links physical activity and wellbeing to improved learning, engagement and long-term outcomes.
- Parents and pupils place high value on wellbeing and active school experiences.
- Governors and trustees have an important strategic role in ensuring schools prioritise wellbeing alongside academic achievement.
- Small cultural changes can have significant impact across attendance, behaviour, inclusion and school climate.
- Whole-school approaches to wellbeing are most effective when supported by leadership, staff and governance.

The overall message is clear: schools that invest in physical activity, wellbeing and inclusive opportunities are better positioned to help children thrive academically, socially and emotionally.

By championing physical activity, play, PE and wellbeing, governing boards can help create healthier, happier and more successful school communities.





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