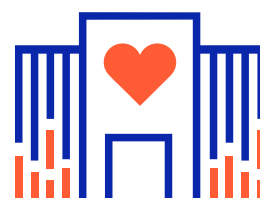




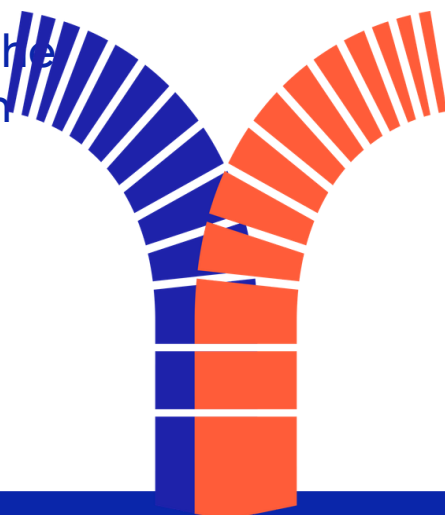
Well School Governance. A Guide for Trustees and Governors: **Top tips**



Well Culture.

Top Tips for School Leaders, Governors and Trustees.

Drawing on the approaches shared during the session, the following recommendations can support school leaders looking to embed a Well Culture, via a Well School approach throughout their school.





01 Keep Wellbeing on the Governing Board Agenda

Ensure wellbeing, physical activity and attendance are discussed regularly within governor meetings and linked to school improvement priorities.



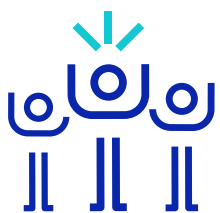
02 Protect PE

Challenge any reduction or cancellation of PE lessons and seek assurance that all pupils receive their entitlement to high-quality PE.



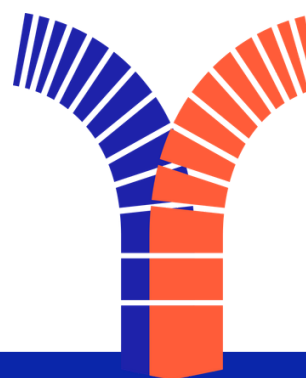
03 Promote a Whole-School Approach

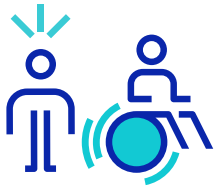
Encourage school leaders to embed wellbeing and movement across the entire school day, not only within PE lessons.



04 Ask for evidence

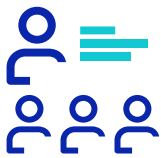
Request data and examples demonstrating how wellbeing and physical activity influence attendance, behaviour, engagement and achievement.





05 Listen to pupil voice

Ensure pupils are consulted about physical activity, enrichment and wellbeing opportunities.



06 Focus on inclusion

Ask how disadvantaged pupils, pupils with SEND and less-active children are supported to participate fully.



07 Support staff wellbeing

Recognise that staff wellbeing directly influences school culture, retention and pupil outcomes.



08 Encourage active play and enrichment

Support opportunities for active breaktimes, extracurricular clubs, leadership opportunities and inclusive school sport.



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