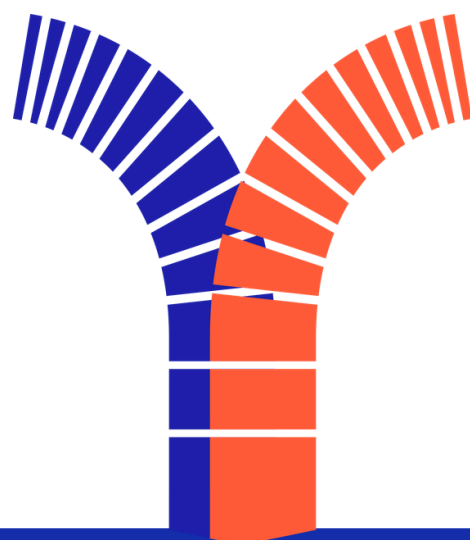




Further Reading Guide: Wellbeing Governance



1. Maintained Schools: Governance Guide

Department for Education

[Read the Maintained Schools: Governance Guide](#)

This is the current national guide to the responsibilities and effective practice of governing bodies in maintained schools. Its principles may also be helpful to academy trustees.

Key takeaway

Governing bodies set the school's vision and strategic direction, hold leaders to account and oversee the effective use of resources. The school's vision should focus on pupil progress, achievement and wellbeing, while governors should also protect staff wellbeing and ensure workload is managed.

Practical implication

Review whether wellbeing is clearly visible within the board's strategic priorities, reporting arrangements, risk oversight and decision-making—not simply delegated to a link governor.

2. Academy Trust Governance Guide

Department for Education

[Read the Academy Trust Governance Guide](#)

This guide sets out the governance expectations for academy trustees, including strategic leadership, accountability, oversight and engagement with stakeholders.

Key takeaway

Trustees are responsible for the trust's charitable objects, educational performance, culture, safeguarding, financial stewardship and long-term sustainability. Wellbeing should be considered through these core responsibilities rather than as a separate operational programme.

Practical implication

Use the guide to clarify where responsibility sits across members, trustees, committees, local governing bodies and executive leaders, particularly where a wellbeing lead or link role has been established.

3. Promoting Children and Young People's Mental Health and Wellbeing

Office for Health Improvement and Disparities and Department for Education

[Read the whole-school and college approach guidance](#)

This guidance provides a nationally recognised framework for developing a whole-school approach to mental health and wellbeing.

Key takeaway

Effective practice is built across eight connected principles:

leadership, ethos and environment, curriculum, pupil voice, staff development and wellbeing, identifying need and monitoring impact, targeted support, and working with families.

Practical implication

Use the eight principles as a strategic lens. Ask leaders where practice is strongest, where it remains fragmented and how the different elements work together as one coherent approach.

4. Clare Mount Specialist Sports College: Well Schools Dashboard

Clare Mount Specialist Sports College

[Explore Clare Mount's Well Schools dashboard](#)

The dashboard provides a practical example of how one school has translated its commitment to wellbeing into a range of measures covering pupils, staff, families, partnerships, enrichment and strategic leadership.

Key takeaway

A useful wellbeing dashboard combines different types of evidence rather than relying on one survey or headline measure. It should reflect what the school values and support meaningful discussion and action.

Practical implication

Do not copy Clare Mount's measures directly. Use them as prompts to decide what evidence would help your governing body understand wellbeing within your own context.

5. Clare Mount Specialist Sports College Inspection Report

Ofsted, May 2026

[Read Clare Mount's latest inspection report](#)

The report provides independent evidence of how strategic leadership, governance, inclusion, staff culture, family partnership and personal development come together within an exceptional school.

Key takeaway

Inspectors found that leaders and governors had an accurate understanding of the school, based decisions on robust evidence and kept pupils' best interests central. Governors combined strong challenge with effective support, while leaders remained attentive to staff workload and wellbeing during significant change.

Practical implication

Consider what evidence inspectors or an external reviewer would see that demonstrates how your governing body's decisions contribute to pupils and staff feeling safe, valued, included and able to thrive.

6. Clare Mount's Approach to Personal Development and Wellbeing

Clare Mount Specialist Sports College

[Explore Clare Mount's personal development and wellbeing approach](#)

Why read?

This section of the school website sets out how its approach connects leadership, school ethos, curriculum, pupil voice, staff development, monitoring, family engagement and coordinated support.

Key takeaway

Wellbeing becomes sustainable when it is embedded across school systems, policies and everyday practice rather than dependent on individual interventions.

Practical implication

Map your existing work against these connected areas. Identify where practice is well established and where responsibility, evidence or strategic oversight remains unclear.

1.



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

