



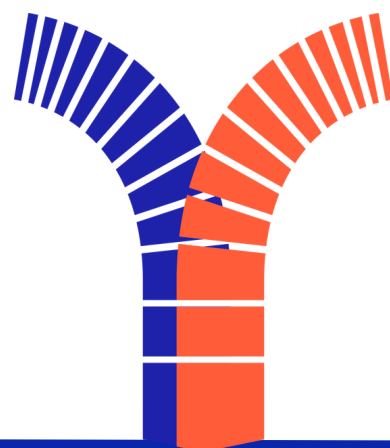
Developing a whole-school health and wellbeing programme



Live Well.

Brief Summary for School Leaders

This session, delivered through the Youth Sport Trust and featuring insights from High Tunstall College, focuses on how schools can create a culture where physical activity, wellbeing and learning are fully integrated into everyday school life.



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

Key Messages

Creating a whole-school health and wellbeing programme

This case study from High Tunstall College of Science explores how a whole-school approach to health and wellbeing can strengthen school culture, improve inclusion and create a more supportive environment for pupils and staff.

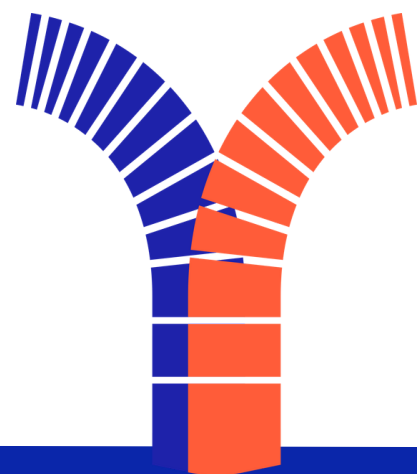
The video outlines how wellbeing has been embedded across the school through visible leadership, trauma-informed practice and consistent everyday actions. Rather than positioning wellbeing as an isolated initiative, the school demonstrates how it can become part of the fabric of school life.

Key themes explored in the video include:

- Developing a shared culture of health and wellbeing across the school community
- Embedding social, emotional and mental health (SEMH) approaches into daily practice
- Using trauma-informed and relational approaches to support pupils
- Creating visible, consistent messaging around wellbeing and support services
- Strengthening pupil belonging through celebration, appreciation and inclusion
- Engaging families and the wider community through communication and partnership
- Recognising and celebrating success through awards, rewards and inclusive recognition

The school highlights practical strategies including wellbeing displays, tutor-time activities, signposting support services, parental communications and recognition systems that reinforce positive culture and inclusion.

A key message throughout the video is that sustainable wellbeing improvement happens when school leaders create a consistent, whole-school vision that is understood and modelled by all staff.





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