



YOUTH
SPORT
TRUST

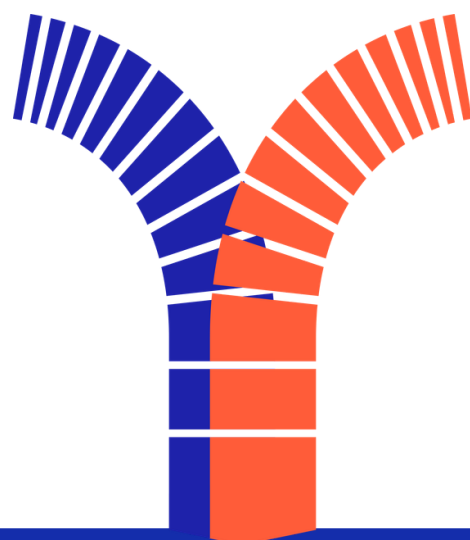
WELL
SCHOOL
COMMUNITY



Further Reading Guide: Developing a whole-school health and wellbeing programme



Live Well.



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

Strategic frameworks

- **1.Youth Sport Trust – Well School Movement**
 - Guidance on creating cultures where children and young people can thrive physically, mentally and socially.
- **Department for Education – Promoting Children and Young People's Mental Health and Wellbeing**
 - National guidance on developing whole-school approaches.
- **Public Health England (now UKHSA) – Promoting Children and Young People's Emotional Health and Wellbeing**
 - Evidence-based framework for schools.

Mental health & wellbeing

- **Anna Freud Centre**
 - Resources on whole-school mental health, leadership and staff wellbeing.
 - **Mental Health in Schools Team (MHST) Resources**
 - Practical support for schools working with local mental health services.
 - **Senior Mental Health Lead Training Materials**
 - Guidance on strategic leadership of wellbeing.
-

Trauma informed practice

- **Beacon House Trauma-Informed Schools Resources**
- **Trauma Informed Schools UK**
- **Attachment Research Community (ARC)**

Physical Activity and Personal Development

- **Youth Sport Trust Resources**
 - **Active wellbeing, leadership and inclusive participation.**
- **Chief Medical Officers' Physical Activity Guidelines**
 - **Recommendations for children and young people.**
- **Sport England – Active Lives Children and Young People Survey**
 - **Data and insight on participation and activity levels.**

Measuring impact

.The Engagement Platform (TEP)

- **Student engagement and inclusion measurement tools.**

Education Endowment Foundation (EEF)

- **Evidence on social and emotional learning, behaviour and attendance.**
-

Reflective Questions for Leadership Teams

- 1. What is our school's wellbeing story and why does it matter?**
- 2. How well connected are our current wellbeing initiatives?**
- 3. What do pupils, staff and families say about our provision?**
- 4. Which groups are least engaged and why?**
- 5. How do we know our approach is making a difference?**
- 6. What would a truly sustainable whole-school wellbeing culture look like in our context?**

This case study demonstrates that successful wellbeing programmes are not built through isolated interventions but through a coherent culture where awareness, action and appreciation are embedded across the entire school community.





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

