



# Well-being Intent

## **Intent:**

At Zouch we have an emphasis on well-being which is a whole school approach, designed to ensure that everybody is committed to our aims and values. The leaders are dedicated to providing a healthy working environment and improving the quality of working lives for all staff and children, especially considering the negative impact of Covid and the current situation in Ukraine. Well-being forms part of our universal, inner-curriculum; along with safeguarding, PSHE, Thrive and our golden strand which runs through them all, our core values. We believe that through this positive approach, we can freely support both the children and the parents. Also, being mindful of the additional worries of separation our Military families, in particular, have to encounter on a regular basis. It is our belief that a healthy mind is extremely important to allow us all to be emotionally available for our children. This state of well-being then permits staff to effectively support and guide our pupils with their own well-being. As a whole school we have regular 'mindful moments', these allow us all to self-regulate and to control our behaviour, emotions, and thoughts in the pursuit of long-term goals. More specifically, frequent, emotional, self-regulation will be a tool to guide us to manage disruptive emotions and impulses. We have created a positive culture where every stakeholder feels well supported and both the staff and children are caring, kind, helpful and emotionally connected to each other's feelings. There is an ethos of cultural capital because together we have shaped strong, workplace relationships, impacting on the well-being of our Zouch family.