



Dear Parent/Carer

Belatedly, Happy New Year to you all.

I am writing to you with an update on the well-being plan for sixth form for term 2. As I said in my last well-being letter, The Emmbrook Sixth Form is very proud of its track record of the outcomes and destinations achieved by our learners. Strong academic success supported by informed progression guidance ensures that our students end up achieving what they're capable of and ending up where they want to be.

However, we seem to be living and working in an age of increasing instability and insecurity about certain aspects of life, and for some, this is having a negative impact on their well-being. The relationship between positive well-being, good mental health and school (and life) success is well established. We firmly believe that it is our duty to ensure that we do all we can to ensure that we look after and promote the well-being of our students.

This year we have started working with 'Headstart'. This initiative is the combined work of UCL, the Anna Freud National Centre for Children & Families and The Evidence Based Practice unit to put together a well-being framework and action plan. It is our intention to raise the profile of well-being so it underpins the way in which we work with and support our students.

At the start of the term two (Friday 6th January), all students completed the second series of an in-depth well-being survey. This covered the 4 strands of well-being that make up the Headstart framework.

This allowed us to measure the impact of the term one action plan and create an action plan for term two.

The results showed a real positive increase in the positive traits and a declining score for the negative ones. This shows real progress. The survey did also flag where we still need to do some supporting work.

Of the 15 targets we set ourselves in term 1 to improve well-being, I can report that:

7 were met completely

4 were rolled out and almost completed

4 were launched and need to be embedded further and so are being rolled out for this term

This term we have set ourselves 11 targets to focus on. These include a focus on positivity, rewards and recognition and sessions to tackle the key areas identified by the students such as 'stress' and 'revision'. We also want to offer more opportunities outside of the curriculum as this was also identified by the students.

Parent survey:

We also ran an end of term survey for parents/carers to capture your experiences of sixth form life. I have included a summary of the responses below. Your feedback has allowed us to tweak how we interact with you to try and improve what we do.

- I am aware that the sixth form has a well-being plan for this year: **84% agreed**
- I think it is essential for this plan to be in place: **91% agreed**
- I am aware of what the key foci are for the well-being plan: **98% agreed**
- I feel my child has benefited from the well-being plan being in place: **79% agreed**
- My child feels safe at this school: **100% agreed**





- The school has recognized and rewarded my child when they have done something good/positive: **93% agreed**
- I know the topics my child learns in PSHE (in form time): **59% agreed**
- I know the topics covered in the assemblies: **49% agreed**
- I know what my child is doing for community service (yr 12 only): **85% agreed**
- I know the topics being covered in Additional Studies (yr 13 only): **70% agreed**
- My child has been given the opportunity to get involved in extra-curricular activities such as sport: **96% agreed**

As a response to this we will ensure that in our weekly newsletters we will update you with the content of our PSHE, assembly and additional studies program.

We will rerun the survey at the beginning of term 3 to measure the impacts of the changes outlined and devise an updated version of the action plan to adapt to any changes to reported issues.

As always, the best way to support and encourage well-being is through positive reinforcement and recognition and we will continue to do this wherever possible. Where there are worries, very early interventions as and when they arise can often address any worries early on. If you are concerned about your child, please do not hesitate to contact their tutor or head of year, Mr Constable

If you have any questions or feedback relating to our well-being program, please do not hesitate to contact me.

Yours sincerely,

P Whitehouse (Assistant Headteacher)