

Slough Whole School Approach to Health and Wellbeing

OVERVIEW

The **Slough Whole School Approach to Health and Wellbeing** framework and tools have been produced to help schools develop a whole school approach to promoting the health and wellbeing of pupils and staff. It is based on the Public Health England Whole School Approach model which is promoted by the Department for Education.

Seven Areas for Developing a Whole School Approach to Health and Wellbeing



How to develop a Whole School Approach (WSA) to Health and Wellbeing

Identify a WSA Lead and/or Working Group within your school.



Have an Introductory Workshop with your whole staff team to launch and begin the mapping process.¹



Map current good practice using the Slough mapping and development tool (or equivalent).²



Formulate a development plan based on the outcome of the mapping exercise.³



Implement the development plan and, if you wish, collate a portfolio of evidence as a record of achievements.⁴

Tools, Checklists and Support

¹A one-hour **WSA Introductory Workshop** is available for your WSA Lead or WSA Working Group to facilitate with your whole staff team (teaching and support staff). The workshop will introduce the Whole School Approach and begin the process of mapping and recording all the good work you are already doing. A copy of the Introductory Workshop can be downloaded from the School Health and Wellbeing Project webpage [HERE](#)

²A **Slough Whole School Approach Mapping and Development Tool** is provided, however, schools may prefer to use tools from other organisations such as the Charlie Waller Trust or the Anna Freud Centre. Copies of the Slough tool can be downloaded from the School Health and Wellbeing Project webpage [HERE](#)

³A **WSA Development Plan** template is available from the School Health and Wellbeing Project webpage [HERE](#)

⁴Details of resources and sources of support for your WSA work can be found on the School Health and Wellbeing Project resources webpage [HERE](#). Schools who are part of the **Mental Health Support Team** initiative can also receive support with their WSA work from their Education Mental Health Practitioner.