Wellbeing Champions (previously known as Guardians)

(Reviewer: Caty Jacques, August 2023)

Junior Prep School and Senior Prep School

Wellbeing Champions are appointed in Years 6, 7 and 8 in the Prep Schools.

The role of the Wellbeing champion is to support the play of children, organise games and assist the members of staff on duty in the playground. This includes identifying any pupils who may be feeling upset, listening to them and supporting them to feel happier.

Y6 Wellbeing Champions support pupils in Reception to Year 4

Y7 and 8 Wellbeing Champions support pupils in Years 5 - 8

Wellbeing Champions are encouraged to share any concerns about pupils with a member of staff. Wellbeing champions cannot issue any form of sanctions.

Training is provided when new Wellbeing Champions begin their role at the start of the academic year and as relevant/needed at other times. This primarily covers conflict management, empathy and listening skills. Wellbeing Champions meet on a fortnightly basis with a member of the senior team.

Senior School

Communication, responsibilities and meetings

There are two parts to the role of a Wellbeing Champion. The first is to help those who need help get the right sort of support.

To this end they aim to help individuals who are struggling to:

- **Confront** the problem. Often people find it hard to recognise abuse, bullying or an issue for what it is. The Wellbeing Champion should help the person in difficulties recognise the true nature of the situation and understand that they should not have to suffer thus.
- Get the right **counsel**. The Wellbeing Champion is there to help the individual concerned to seek help themselves. By acting as a friend and encouraging them to report an issue to the person in authority who can do something about it. The Wellbeing Champion must always seek to help the person concerned to report the issue themselves. They must not report matters themselves unless a child is at risk in some way. This is essential in order to preserve the confidentiality that Wellbeing Champions offer.
- Get **control** of the situation. The Wellbeing Champions's job is to support the individual concerned until the issue has been resolved.

The second part of the role is to be proactive with regards to the Wellbeing of the pupils in the house. To work with the staff leading the scheme and to lead initiatives regarding Wellbeing of the pupil body.

It is **not** the Wellbeing Champion's role to:

- report problems to those in authority. That is the job of the prefects. The prefects are the 'eyes and ears' for staff in authority, not the Wellbeing Champion. They should not deal with matters themselves. They have no authority and are not the same as prefects.
- offer **absolute** confidentiality when a person is at **risk** in any way. They must do their utmost to encourage a person coming to them with such an issue to report it to the relevant person in authority. If they will not do that the Wellbeing Champion must report the matter to a member of staff or the Chaplain.

Usually, one pupil from each year group in each house is appointed in house to become Wellbeing Champion and receive training at the start of the academic year. A Shell Wellbeing Champion is not selected until either the end of Shell year or the start of the Remove as this gives all pupils the opportunity to settle in and get to know each other. A LVIth pupil in each house is selected as Head Wellbeing Champion for that house. Their main role is to collaborate with the HoM and House staff team in promoting the physical and mental well-being of their peers. This will be done through well-being initiatives and regular opportunities to speak in house assemblies. It should be noted that being a HWC does not prevent a pupil from applying for the role of a House Prefect.

Two, Three or Four members of the UVIth (number dependent on candidates) are appointed School Head Wellbeing Champions by the Chaplain and Head of College. Selection is by letter of application and interview. The School Head Wellbeing Champions meet regularly with the Chaplain and chair Year Group Wellbeing Champion meetings. They also play a central role in developing the resources for the House Wellbeing Champions.

The School Head Wellbeing Champions chair meetings of Year Group Wellbeing Champions which take place once each term per year at least. No other staff attend. The purpose of these meetings is for the School Head Wellbeing Champions to:

- pick up patterns and trends across the Senior School,
- help Wellbeing Champions resolve any issues they need help with,
- support the Head House Wellbeing Champions who have the responsibility of supporting their House Guardians in Shell to Vth.

There is also a weekly meeting of the HWCs led by the College Head Wellbeing Champions to offer mutual support and encouragement, as well as to share initiatives. Other responsibilities may include supporting College-wide wellbeing initiatives.

If the Chaplain and School Head Wellbeing Champions identify a problem that needs sharing with other staff they will agree on making a report to the appropriate member of staff.

All Wellbeing Champions are given a badge and should wear this badge with their school uniform.

Training

Training is provided when new Wellbeing Champions begin their role and as relevant/needed at other times. This covers handling confidentiality, body language, conflict management and empathy and listening skills. The Chaplain organises this training.

A meeting of all Wellbeing Champions is held every September, in order to outline the purpose and expectations of the Scheme and to offer general training in listening skills and how to respond to any issues raised in the role.

All WellBeing Champions aged 16 and above will also be given the opportunity to participate in the Youth Mental Health First Aid training, which is a nationally recognised training course.