

Wellbeing Champions

Reviewer: Caty Jacques, August 2026

Approved by SMT August 2026

1. Junior Prep School and Senior Prep School

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.

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

- Y6 Wellbeing Champions support pupils in Reception to Year 4
- Y7 and 8 Wellbeing Champions support pupils in Years 5 - 8

Wellbeing Champions meet on a fortnightly basis with a member of the senior team.

2. Senior School

The main purpose of the Wellbeing Champions is to improve mental health; to aid their peers in seeking help and to strengthen the community. 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.

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

Applications for the role of Wellbeing Champions are encouraged from the Lower Sixth year group at the very start of the academic year. They complete an application form and (after possible shortlisting) there is an interview, both of which are graded.

Successful candidates are assigned to ensure coverage across all of the houses. Appointments are made in consultation with the HoMs.

The Wellbeing Champions meet weekly with the staff overseeing the initiative and will do the following:

- Pick up any arising patterns and trends across the Senior School,
- Plan sessions and assemblies that can be delivered in houses on variety of Wellbeing topics
- Plan how to make themselves visible and approachable to the pupils in their houses.

Training

The one-day Mental Health First Aid course is delivered to the Lower Sixth Wellbeing Champions at the start of the academic year.

They then receive further training around the following areas:

- Safeguarding
- Coaching Conversations
- Empathy and Listening Skills

- Public speaking

The role

Wellbeing Champions must share any concerns about pupils with an appropriate 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 must not promise confidentiality. Where a pupil's safety or wellbeing may be at risk, information must be shared with an appropriate member of staff.