



The AHS student Wellbeing Offer can be summarised under the following 4 headers:

#AHS Care

School will provide an environment built on its school's values of Justice, Compassion, Forgiveness and Trust where every child will have the opportunity to flourish, even in lockdown. Although Wellbeing is very personal, Archbishop Holgate's School offers different levels of support to meet the needs of all of its students.



During Lock Down, school is insisting that all its students have *routines and structures*. We are following a normal school day. If you do this, it will help your Wellbeing! We are promoting a '*sense of belonging to the school community*' through more interaction in lessons, Form Tutor Contact and Clubs. We are also *promoting* #Self-Care and #Self-Help, so students understand how to look after themselves. We are asking all students to live our school values into being each day.

#Self-Care



Physical

- Eat a healthy diet
- Leave your screen
- Exercise



Emotional

- Be kind to yourself
- Talk to a friend about how you are coping



Social

- Talk to your friends online
- Create a playlist



Practical

- Organise your day
- Set some goals
- Learn something new



Spiritual

- Watch the Acts of Collective Worship
- Be still and reflect

#Self-Help

For some students they will struggle with their Wellbeing even if they care for themselves. At this point there are some things they can do to help themselves.



Talking

The best support available to talk to someone you trust. At school talk to your HOY/PSW or at home talk to family or friends.



Apps and websites

There are lots of useful apps and websites that can help. Visit the schools Wellbeing site to find them (see link at bottom of this page).

#Support

Some students will need professional help from school and/or external agencies. This will come in the following formats



School can support by:

- Offering Pastoral Support
- Creating a support Plan
- Referral to Unity Fund



External agencies include:

- Doctors
- Mental Health specialists (Limetrees)
- Counselling (e.g. MIND)