

YOUR

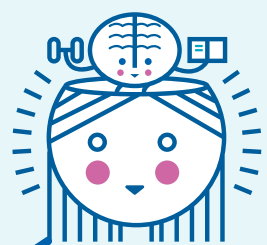
Wellbeing



Senior Division & Sixth Form Wellbeing Programme



An Emotionally HEALTHY SCHOOL



At King's, we pride ourselves on being an emotionally healthy school. We are in tune with our pupil and parent body, endeavouring to build close relationships built upon trust and empathy.



We strive for pastoral excellence and emotional wellbeing for all. We place positive relationships at the heart of our school. We aim to create a nurturing environment where everyone feels valued and safe, where everyone feels they have a voice. We reward endeavour, achievement and kindness 'publicly', whilst we sanction 'privately'.

Our large Pastoral Team is always available for support in the Pastoral Hub, Pupil Managers Office and Medical Rooms. The Pastoral Hub provides a safe space for pupils, including areas for quiet study and a Sensory Room.

MEET THE TEAM

The Pastoral Team

Principal of the Senior Division:
Helen Broadley

Principal of the Sixth Form:
Donna Jestin

Deputy Head:
Paul Cooper

Vice-Principals:
Scott Mattingly and Emma Smith

Accompanied by a team of:

Heads of Year
Pupil Managers
School Nurses
Form Tutors
The Learning Support Department



Helen Broadley



Donna Jestin



Paul Cooper



Scott Mattingly

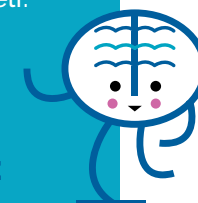


Emma Smith



5 a day for GREAT Positive Mental Health

- 1. GIVE**
Do things for others. Help other people.
- 2. RELATING**
Connect with people and not just via Social Media. Talk to people.
- 3. EXERCISE**
Take care of yourself. Enjoy a healthy diet and get lots of sleep too!
- 4. APPRECIATE**
Be mindful and take time to enjoy the world around you.
- 5. TRYING OUT**
Keep learning new things and try out different skills.



Form Tutor Programme

Our pupils take part in daily Form activities led by their tutor, in which they reflect on themes such as kindness, diversity, building resilience, emotional wellbeing and study skills. Tutor groups will plan and deliver their own assemblies, often to mark significant awareness days or historical events and they also participate in a hotly contested weekly current affairs quiz. The form tutor programme often dovetails with our King's Compass provision, ensuring that time is allocated to revisit important topics for further consolidation and reflection. The programme also remains responsive to the pupils' needs and is frequently adapted to address pertinent pastoral concerns for particular year groups.

Assemblies

The whole school comes together as a King's community on a Tuesday morning for a School Assembly. These are led by different staff and pupils covering a wide range of themes. Our assembly programme is an extension of our broad King's curriculum, offering an opportunity to discuss cross-curricular

themes, encouraging pupils to reflect on the world around and dig deep for meaning and belonging in what we do. These whole school gatherings are also complemented by year group assemblies where age appropriate and bespoke issues can be discussed with individual year groups and addressed by Heads of Year, School Nurses, Pupil Managers or external speakers.

Mentoring Programme

Our Mentoring Programme allows our Sixth Form and Year 11 Mentors to meet with and support younger mentees. Pupils are paired up and then engage in an effective and purposeful mentoring programme, with older students supporting younger pupils in making positive progress and guiding them along often personal journeys of success.

School Counselling and Mental Health First Aiders

A School Counsellor provides specialist support to pupils. In addition, we have over 30 members of staff trained as Mental Health First Aiders. In 2024, we will have our own accredited in-house Mental Health First Aid Training.

Our House Rules

At King's we believe in a holistic education and the development of the whole person, intellectually, emotionally, physically and spiritually. We view our pupils as individuals with unique needs and talents.

Partnership Approach

We highly value our partnerships between home and school, with pupils, parents and staff working together to achieve the same goal: young people who maximise their potential. Our Home-School Agreement sets out our mutual agreed expectations. We encourage pupils to make the most of the opportunities available to them at school. We strive for mutual respect and being an integral part of a responsible, polite and caring community. We expect the pupils to be 'smart in every sense of the word' exhibiting high standards of dress and behaviour. Communication is key and our Pastoral Team are always on hand to support pupils and parents alike.

House System

This is a vertical pastoral system forging positive relationships and common interests across the age ranges. Our annual House Activity Programme provides a breadth of opportunity and activity under the umbrella of healthy competition and fun. Small scale lunchtime competitions run in parallel with our annual headline events, such as Sports' Day and the House Song Competition. Fun for all!

Food and Nutrition

Holroyd Howe provide a balanced and nutritious break and lunch time provision, packed with variety and healthy nutrition. They support our Wellbeing Programme through assemblies, workshops and Cookery Club.

ELSA Programme

At King's we engage in the ELSA (Emotional Literacy Support Assistant) Programme. This programme arms our Pupil Manager Team with a series of practical resources designed to improve the wellbeing of young people, either individually or in groups. The activities are underpinned by the latest research in educational psychology and include resilience, self-esteem, friendship and social skills, therapeutic stories and dealing with loss and bereavement. Our engagement in this programme has provided valuable learning to the Pastoral Team about some of the issues pupils face and how to deal with them.

Extra-Curricular Programme

We are able to offer pupils over 100 clubs and activities to choose from ranging from Taekwondo to Trampolining, Rounders to Rugby, Chess to Chamber Choir, Drama to Debating. There really

is something for everyone. Many clubs take place at lunchtime, including Planetarium Club, Electronics Club, Dissection Club and Gardening Club. Other, larger groups come together after school including our choirs, large ensembles such as Jazz Band and sports groups.

Leadership skills

Our Pupil Leadership opportunities are wide and far reaching. From the moment a pupil starts at King's in Year 7, they are offered leadership opportunities as Form Captains, House representatives, Wellbeing Ambassadors or Council Representative. In Year 10 and 12, Prefects and Monitors are appointed whilst others engage actively in our Mentoring Programme. Our assemblies also offer pupils the opportunity to practice their public speaking and exercise the art of presentation.

Pupil Voice

Pupil Voice is very important to us here at King's. Our pupils are offered opportunities to represent the views of their peers on our School Council, Core Council, our Equality and Diversity Council, the Catering Committee, POC Group, the Wellbeing Committee and Pupil Leadership Group. We aim, where possible, to address the issues raised, making King's even greater.



Community Engagement

At King's we aim to develop courageous and responsible citizens who contribute to society through leadership and service. Our values of compassion and mutual respect are important in a community such as ours that extends well beyond the confines of the school gates. In our endeavour to support parents in raising well-rounded individuals, our pupils are encouraged to volunteer their time, to help others, to contribute to community organisations and get involved in local events.

Our annual Volunteering Fair involves representatives from around 20 local and national organisations, who come into school to encourage pupils in Years 10 to 13 to join them as volunteers. We have large numbers of pupils each year volunteering their time for the benefit of local organisations. This year, pupils have been helping at Macclesfield Hospital, Oxfam, Brownies, Friends for Leisure, Park Lane School and Age UK, to name but a few. In addition, pupils undertake volunteering through the National Citizen Service.

Charity Work and Fundraising

Each year, our Charity Teams, led by our Prefect Team, raise vast 5-figure sums of money for local and national charities. The fundraising at King's benefits a range of local and national charities including Comic Relief, The Christie, Visyon, East Cheshire Hospice, the Silk Food Bank and Francis House Hospice.

The Great Outdoors



Being outdoors fosters a sense of connection with the natural world, enhancing emotional wellbeing and reducing stress levels.



Outdoor Learning

Nature has a calming effect on the mind, promoting relaxation and a sense of tranquillity. It provides opportunities for reflection, self-discovery, and mindfulness, promoting emotional balance and resilience and improving social interaction and healthy relationships. At King's we 'take our learning outdoors' as much as possible, especially in the summer months.

The Duke of Edinburgh Award

We are one of the largest authorising centres for the Duke of Edinburgh Award with hundreds of pupils completing either Bronze, Silver or Gold Awards. The Duke of Edinburgh Award provides valuable support for the wellbeing of participants. The award activities, which include physical challenges, skill development, volunteering, and adventurous expeditions, all aim to promote a sense of purpose,

accomplishment, and personal growth. These experiences contribute to improved self-esteem, confidence, and determination.

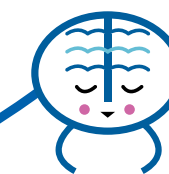
The award encourages participants to step out of their comfort zones, face challenges, and develop problem-solving skills, fostering a growth mindset. The opportunity to connect with peers, mentors, and the community through volunteering activities enhances social connections and a sense of belonging. The Duke of Edinburgh Award programme ultimately nurtures wellbeing by promoting physical fitness, personal development, social engagement and developing valuable life skills.

Compass Programme

King's Compass is our comprehensive personal development programme that combines indoor and outdoor learning and focuses on virtues of character. Pupils encounter PSHE (Personal, Social, Health and Economic Education) topics in Compass through projects, explorative activities and normal style 'lessons' to support parents in raising well-rounded individuals and to foster a friendly and caring community. We hope to prepare our pupils for the wider-world whilst allowing them chance to discuss ever-increasingly important issues.



Looking Inwards



We believe in introspection: self-reflection to help make the right decisions and achieve our goals. With self-awareness can come life changes for the better.

Mindfulness and .b

Mindfulness is a technique used to notice what is happening in the present moment, without judgement. This may be by taking notice and being aware of your mind, body or surroundings. Mindfulness aims to raise self-awareness. Known benefits of Mindfulness are to reduce stress, allow us to cope with difficult thoughts and situations and to help us be kinder to ourselves.

Through our Compass Programme, all our Year 7 pupils are introduced to the .b curriculum. They are encouraged to 'stop and be'. A series of Mindfulness courses and workshops are on offer to our older pupils in the Sixth Form and Senior Division too.

Spirituality at King's

At King's, we endeavour to equip our pupils with the knowledge to promote the respect of others' beliefs, needs and perspectives. We promote a sense of shared community, an awareness of our connection to the wider world and an appreciation of the value of the non-material aspects of life. We use our Form Tutor Programme, Assemblies and King's Compass Programme to raise awareness that there is more to life than just ourselves and our concerns.

Parental Workshops

We offer our parents regular opportunities to improve their own knowledge. Our programme of parental workshops includes sessions on Emotional Health and Wellbeing, Sexuality and Relationships, Bereavement and Loss and Self-Harm and

Suicide. Many of these have been delivered in partnership with external agencies.

Through our close collaboration with Cheshire Police, we offer presentations on issues impacting young people today. These include advice regarding Online Safety, Positive Behaviour and Substance Misuse.

Our parental engagement also extends into regular meetings, forums, parental consultations, Welcome Evenings, Social Events and events organised by Friends of King's.

We also offer our parents guidance and signposting regarding Teenage Parties, Mental Health, Online Safety, Safeguarding and Homework through half termly bulletins and guidance available on the Parent Portal and website.



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