

Strategic Plan for Wellbeing 2022-2025: A Document for Children and Young People



STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFTADAETH GADARN | DYFODOL SICR

September 2022

Mae'r ddogfen yma ar gael yn y Gymraeg

This document is available in Welsh

Strategic Wellbeing Plan: A Document for Children and Young People

Audience

Children and young people in Rhondda Cynon Taff. This included Primary and Secondary school pupils, those who attend pupil referral units as well as those who are in Education Other Than in School (EOTAS).

Overview

This document provides information to Children and Young People on understanding more around wellbeing and what how their educational settings can best support them.

Action required

Local authorities and governing bodies of maintained school must have regard to this guidance

Further Information

Enquiries about this document should be directed to:

Educational Psychology Service

Ty Trevithick

Abercynon

Mountain Ash

Rhondda Cynon Taff

CF45 4UQ

e-mail: EPS@rctcbc.gov.uk

Welcome!

We want to make sure that Children and Young People understand how their schools and local authority are promoting positive wellbeing in their settings. Sometimes people can find it difficult to express and understand their emotions. Therefore, it is important to us that your wellbeing is being supported and nurtured.

We have written this document for you, as young people, to learn more about wellbeing and the things we have in place that can best support you in your school and community.



What is wellbeing?

Wellbeing is often described as the state of being comfortable, healthy, or happy. People who enjoy high levels of wellbeing are described as flourishing.

In this context, flourishing means the person enjoys feelings of happiness, contentment and curiosity and can engage fully in what is going on around them.



Flourishing also means functioning well in the world. This means the person experiences positive relationships, has some control over their life and has a sense of purpose.

Wellbeing isn't the opposite of ill-being. Just looking at what causes us distress won't necessarily help us identify the reasons that give rise to wellbeing. So how do we measure it?...

(What is Wellbeing – Multi Comfort UK, 2018)

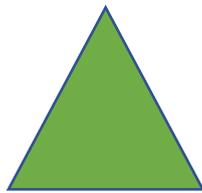
How do we define wellbeing?

If an individual has the strengths that they need to deal with their challenges, they will have balance. This balance helps us to achieve good mental wellbeing.

strengths



challenges

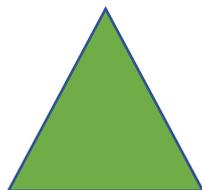


If a person has more challenges than strengths, the balance will tip, and their wellbeing will be affected.

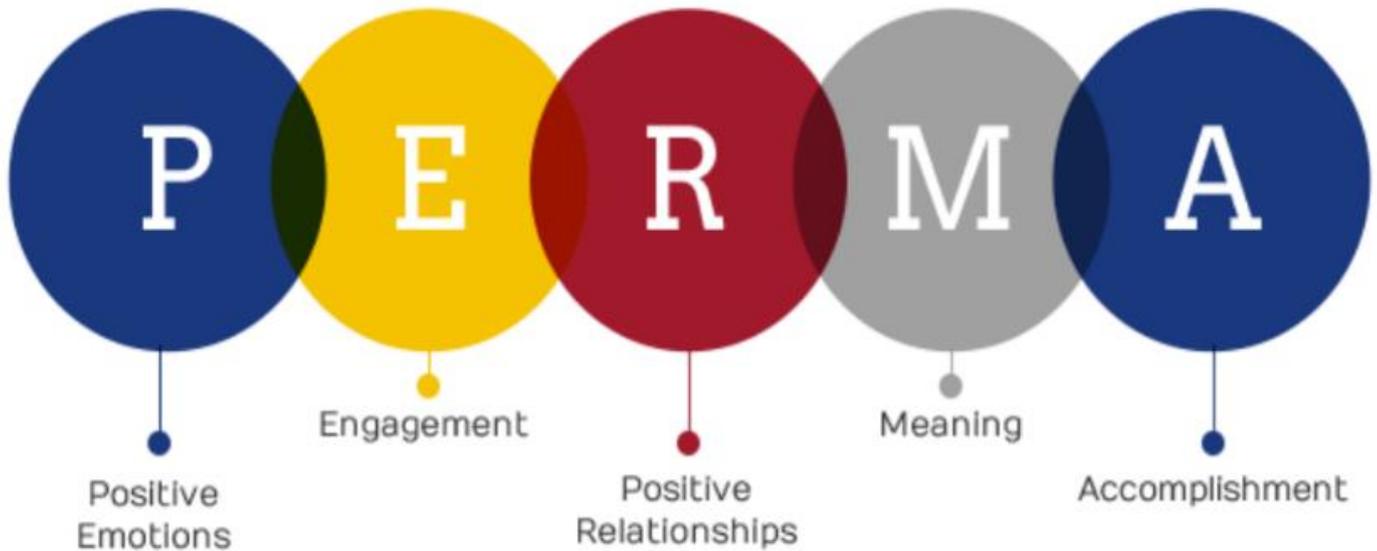
strengths



challenges



What makes a life good and positive?



RCT feel it is important to focus on what makes life worth living, whilst supporting you (Children and Young People) to flourish.

PERMA helps us keep up to date you're your (pupil's) strengths. These include:

1. Positive Emotions
2. Engagement
3. Positive Relationships
4. Meaning
5. Accomplishment

This helps us to understand your current personal wellbeing and allows us to see what area's we can best support you in.

Why are we focusing on wellbeing in school?

We want to make RCT “**the best place in Wales to live, work and play, where people are independent, healthy and prosperous**”.

The Council plan to be fully involved in all seven national wellbeing goals outlined in the Wellbeing of Future Generations Act (2015).



It is important we have a clear focus on providing the right support at the right time if we are to give You (our Children and Young People) the best start and chances in life



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The New Curriculum for Wales

- **Health and Wellbeing** is now an **Area of Learning and Experience**
- Welsh Government suggests this is best achieved through a **whole school approach**.
- This means it is **everybody's responsibility** to play an active role in supporting your (Children and Young People's) health and wellbeing in education.

The Health and Wellbeing Area of Learning and Experience think about

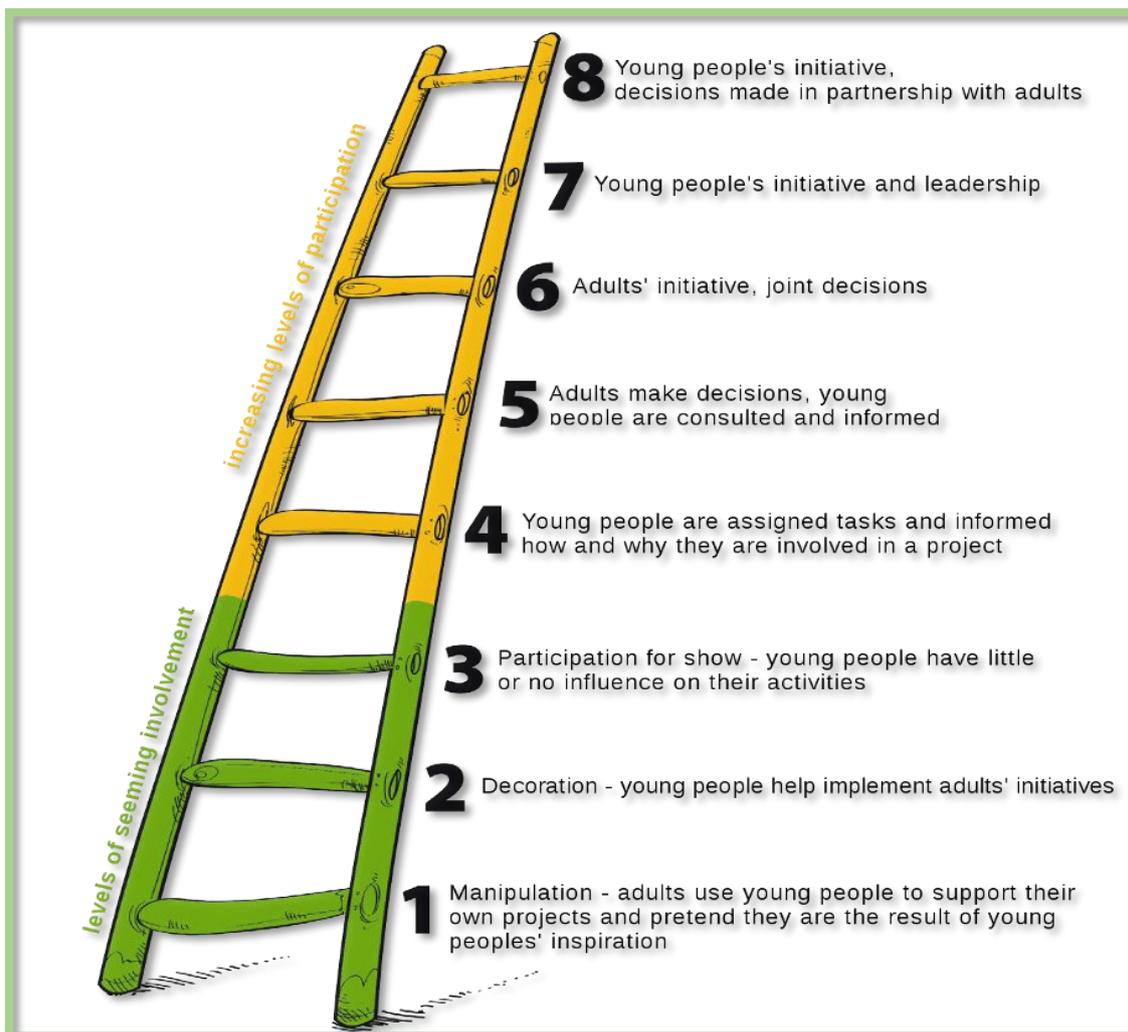
- **physical health and development,**
- **mental health,**
- **and emotional and social wellbeing.** We want to support you as learners to understand and appreciate how the different parts of health and wellbeing are connected, and how good health and wellbeing are **central to successful learning.**



Learner Voice



Estyn (2019) have highlighted the importance that staff, and leaders listen to their learners. We want children and young people within RCT to reach level 8 on the children and young people's participation ladder below:



We want you (our children and young people) to access activities that will help you to develop, show and apply lots of different skills for learning, life, and work. We also want to encourage you (pupils) to have lots of discussions with staff about your learning, progress and coming up with the next steps. We also want to support you (Children and young people) to always share your opinions and views, which should be taken on board and considered by staff in your school.

What does the law say?

Wellbeing and Future Generations Act (2015)

The Well-being of Future Generations Act gives us the legal responsibility to improve our well-being in Wales. It asks people in Wales to think about the long-term impact of their decisions, and for them to work better with their people, communities, and each other.

To make sure we are all working towards the same purpose, the Act puts in place seven well-being goals:

SEVEN WELL-BEING GOALS



A Prosperous Wales



A Resilient Wales



A More Equal Wales



A Healthier Wales



**A Wales of Cohesive
Communities**



**A Wales of Vibrant
Culture & Thriving
Welsh Language**



**A Globally Responsible
Wales**

What we will ensure:

Effective leadership, governance, and professional learning for wellbeing

Supporting educational settings to deliver a transformational curriculum for health and wellbeing

Ensuring equity and support for vulnerable learners and their family

Enhancing the wellbeing of our learners and the workforce through effective whole school approaches

How will this be measured?

Success in these areas will result in:

- Strong leadership for wellbeing across our schools.
- Create a whole school approach to wellbeing.
- Improved teaching and learning across our schools.
- Improved mental and emotional wellbeing for you and your staff.
- Parents/carers and learners reporting they are happy with the levels of wellbeing support you are getting in school.



Every learner in Rhondda Cynon Taf has access to **excellent** schools and **positive** educational experiences that **support you** (the learner) to **achieve the very best** you are capable of.

All learners access the **highest quality teaching** and learning experiences, so they can **progress** and **grow** as lifelong learners.

We recognise the impact the pandemic has placed on You (our learners). We believe it is important to focus on your basic **wellbeing needs** after the pandemic, those of **connection, purpose, accomplishment, and hope.**

Positive relationships between school staff and learners are at the heart of ensuring a whole-school approach to emotional and mental wellbeing. It can often be the **everyday gestures** that teachers that make us feel **supported.**



Who else can help?

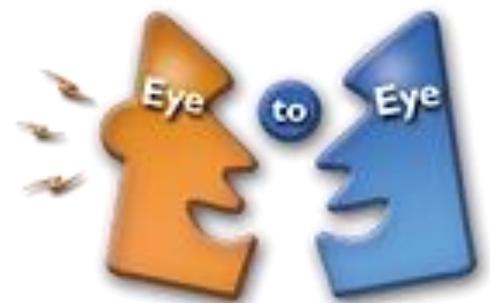
If you would like to know more about mental health and wellbeing or would like some support outside of school, here are some charities and groups that can support you.

YOUNG MiNDS



The Youth Engagement and (YEPS) offers 11–25-year-olds access to a variety of free activities across a number of school and youth settings. YEPs has 5 community-based officers that provide one to one support or young people with mental health needs. YEPs also provides online formation to support people around metal health and wellbeing.

Whether you want to understand more about how you're feeling and find ways to feel better, or you want t support someone who's struggling Young Minds offers support and can help. Young Minds "wants to see a world where no young person feels alone with their mental health" (Young Minds, 2020)



Eye to Eye is a counselling Service for children and young people across RCT. They offer free and confidential support for anyone between the ages of 7-30.

They were founded over 25years ago. A group of dedicated individuals came together to support children and young people across RCT. The service was born out of close participation who were asked what they needed and they told us they needed someone to talk to.

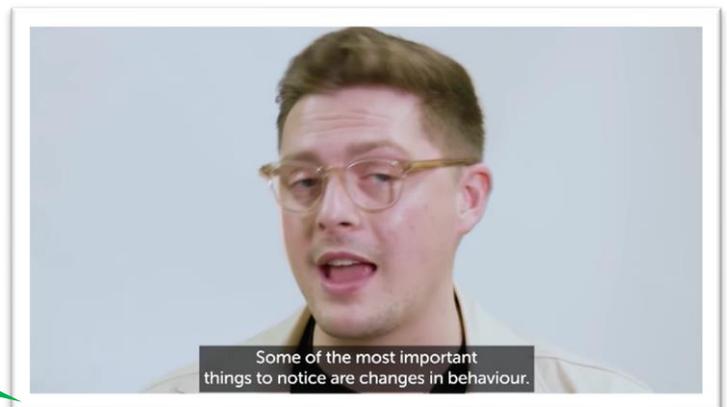
Useful videos

Here are some videos that explore the importance of understanding our own wellbeing



[Talking Mental Health \(subtitled\) - YouTube](#)

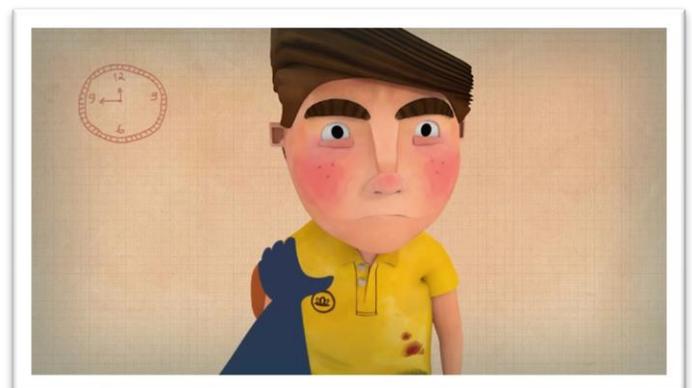
[Dr Alex George on how to spot when a friend needs support with their mental wellbeing - YouTube](#)



[Breaking the mental health stigma in classrooms! | Live well-being lesson with BBC Teach & Tes - YouTube](#)



[School-Link: Caring for the mental health needs of children and young people - YouTube](#)



Useful Books

Here are some books that help us better understand our emotions and the benefits to look after our mental health and wellbeing.

