

# Annual Fund

## Wellbeing 2022



**WELLS**  
CATHEDRAL SCHOOL

# Welcome



"Ensuring the happiness and safety of all our pupils has always been core to what we do at Wells Cathedral School. We want all our pupils to be happy and successful, but in that order. That is why we strive to ensure our pastoral care is pupil-centred and all-embracing. Recently, increasing focus has been given to the wellbeing of all school pupils, particularly with regard to their mental health. As a society, we have become much more attuned to the reality that a person's mental wellbeing is just as important as their physical wellbeing. We are proud at Wells of the way we promote healthy lifestyles for our pupils, and of the vision we already have in place to help ensure pupils are well-cared for, whatever their particular needs or whenever they might encounter difficulties. But there is always more that can be done in this regard, and this is why we are launching an Annual Fund with a particular focus on wellbeing so that we can enhance yet further the care we have in place.

Much of the impetus for these enhancements has come from pupils themselves, which has been wonderful to see, and is fully in line with our encouragement of all pupils to become independent, value-driven young people who have a concern not only for themselves but for those around them as well. I hope, therefore, that you will feel able to support our pupils in realising some of the projects they see as being important for them. Your generosity will help ensure that the mental and physical wellbeing of current and future generations of Wellensians is as well-cared for as it possibly can be. Thank you in advance for making a donation to our Annual Fund."

- Alastair Tighe, Head Master

# About our Annual Fund

The Wells Cathedral School Foundation is the arm of the School through which funds are raised; it is committed to the ethos of the School and has a responsibility to the community to support the education of the School's pupils. The Foundation also aims to facilitate the re-establishment of past friendships and helps to renew contacts with the School. The Annual Fund provides an additional revenue stream allowing the normal activities of the School to be augmented and enhanced in a way that cannot be achieved through fee income alone. The Annual Fund finances small to medium scale projects, which enhance everyday life and education, benefiting both present and future pupils.

We would not be able to offer many of our current fantastic experiences for pupils if it weren't for the generosity of previous generations of parents, alumni, staff and supporters. Any donation - no matter the amount - can play a vital role in supporting our pupils and ensuring that each pupil is given the chance to develop who they are.

The focus of the Annual Fund for 2022 is wellbeing. This focus has been chosen to augment what is already offered at the School; our identified projects will have tangible and immediate impact on pupils' experiences from those starting in Little Wellies through to Upper Sixth.





# Wellbeing at Wells

We are placing increasing emphasis on our School tutoring system. Pupils meet with their tutors every weekday morning and follow a programme which is designed to support pupil wellbeing through discussion and coverage of key themes including relationships, healthy living and gratitude, to name a few. The Junior School have introduced 'reflection time' at the end of each school day and within the Senior School there has been a specific 'Wellbeing Wednesday Focus point this academic year which aims to reinforce pupil wellbeing through wider and self awareness. The start and end of every Term is devoted to a 'Wellbeing Tracker' so that pupils can reflect on their learning, behaviours and happiness levels.

We are aware of our responsibility as a school to encourage pupils to speak to us and to each other, to share experiences and find ways to raise concerns. This academic year we introduced a Senior School Pupil Council with representatives across every year group. The Council meet on a termly basis to discuss whole school matters and make suggestions about how areas can be improved. This is all coordinated by Upper Sixth Captains and Prefects. The Junior School Council continues to play a key role in decisions concerning matters as broad as charitable events, after school clubs and an improved diversity in the representation of our House system. On the subject of our pupil leaders, the Upper Sixth Welfare Captains join our termly Wellbeing forums and help us arrive at initiatives to move us forward as a School. It was a group of pupils who initiated the concept of a 'Haven', a physical space for pupils to find a safe and relaxing space away from the hustle and bustle of more populated common areas.

Taking a step back to look holistically at how to support wellbeing in the School, we invested in a 'Wellbeing Hub' this year. This is a wide based resource provided by 'Teen Tips' for Senior School pupils, staff and parents to access support, advice and guidance. For our younger pupils, Dr Maryhan Baker will be visiting to work with our children, staff and parents on how to reduce anxiety and build confidence and resilience. Our ongoing Parental Engagement Programme features external speakers such as Alicia Drummond and Dr Suzanne Davies who cover areas including the teenage brain and healthy use of mobile devices. Good education is key

and we are grateful for the support of outside agency. 'It Happens' for leading discussion and information sessions with our pupils directly on subjects including sex and relationships and substance abuse. We also hold 'Big conversation' sessions this year, a popular event allowing our pupils to increase their understanding and awareness around areas of equality, prejudice and discrimination.

We know from statistics that numbers of young people experiencing mental health issues have risen and not least as a result of the Covid pandemic. The quality of our pastoral care lies at the heart of revealing this and we do all we can to ensure that pupils have a range of trusted adults they can turn to as reflected in our 'Where Do I Turn To' document that is well signposted around the School campus and in our day and boarding Houses. Pupils suffering from a range of mental issues have a highly trained and supportive team of professionals to support them. We have two counsellors available to meet with pupils and a Mental Health Practitioner to manage more serious cases. Our commitment to supporting our pupils is also reflected in the training of staff as 'Mental Health Champions' via the MHFA, YouthMHFA, work with local mental health charity Headspace and also the newly appointed position of Staff Mental Health Lead for the School from 2022.

We have adopted a zero tolerance approach to any behaviour that can hurt, upset or offend and we actively promote the importance of kindness. An electronic and confidential reporting system has been set up this year as another option for pupils to report any concerns they have. A range of pupil friendly posters have recently been distributed around the site to reinforce our message of mutual respect and the importance we place on healthy relationships and kind treatment of each other.

Finally, we want to ensure that we are listening and aware. Good quality qualitative pupil and parent questionnaires circulated this year will help us to determine other ways to promote positive mental health and continue to build our wellbeing programme. We believe that happy pupils are successful pupils and this is why our emphasis is on valued, supported, balanced and healthy children and young people. We are never complacent and we strive to put wellbeing at the heart of everything we do.

*"Our role as Wellbeing Captains is to provide our fellow pupils with a person to confide in, helping to bridge the gap between other pupils and staff. Wells Cathedral School values and promotes the healthy wellbeing of everyone within the School community and we are very excited to be involved in the development of projects that were originally the ideas of our predecessors."*

- Olivia Cocks and Eliza Haskins



# What are we raising money for?

## The Haven - £42,000

The Haven is a project that has been proposed by the pupils, and it represents a safe haven that they can retreat to in moments of overwhelm, stress and anxiety. Although suggested pre-Covid 19, the School Welfare Team has noticed an increase in pupils facing emotional challenges since the pandemic and believe that this could be a timely and compelling resource in our response. It will be a meaningful, safe and kind option for pupils throughout the School to use in order to help them prioritise their mental health and overall wellbeing.

*"The Haven is an idea that has been inspired by past difficulties we as friends have faced and may face again in the future. Things such as anxiety and depression are difficult mental issues that many children go through during the course of their school life for many reasons. The Haven is an idea that we hope will reduce the amount of mental health issues in our School and support other pupils."*

*"Our idea is to create a small cabin or hut in the School grounds; its interior will be designed using colours such as blues and purples to create a calm feeling but also maybe lighter shades to make it feel more upbeat. We will have sets of drawers containing board games, stress reliever toys and books (and possibly a CD player or speaker to play music). There will also be bean bags and comfy seats, cuddly toys and pillows."*

**£10,000:** Bespoke Junior School wellbeing area to create a more mindful zone for pupils.

**£2,000:** Equipment for wellbeing to include Forest School Equipment, sensory room equipment and additional outdoor toys for the Junior School.

**£500:** 30 Tree saplings which will be planted around the School further enhance the site for wellbeing purposes and as part of the School's contribution to the National Green Canopy Project initiated for the Queen's Platinum Jubilee.





# How to Donate

The money raised through your generous donations contributes to providing the best learning experiences for all our pupils. Please click here to find our [Donations Form](#).

