

Health, Fitness and Wellbeing at the Forefront of Our Recovery Plan



The wellbeing garden for quiet thinking and reflection!

As part of our overall philosophy, we recognise that high performance, success and happiness requires healthy, resilient young people with positive mind-sets which are solution-focused.

Over the past few months, during the challenge of the COVID-19 pandemic and period of lock down, we have been busy preparing the next steps of our School Improvement Plan. One of the developmental aspects includes planning for the wellbeing and achievement of all pupils. We had already established a Wellbeing Committee at the school 12 months earlier. The overall aims of our wellbeing strategy are as follows:

- *Ensure pupils recognise the value that CCS places on their health, wellbeing and achievement*
- *Support and maintain a safe and healthy environment*
- *Sustain and improve the physical and emotional (mental) wellbeing of our pupils*
- *Encourage and support our pupils to develop and maintain a healthy lifestyle*
- *Support pupils with health conditions (physical and emotional) to thrive at school and life*
- *Remove barriers which prevent pupils with health (emotional and physical) conditions or impairments from achieving their potential*
- *Encourage pupils to develop lifelong strategies and solutions to manage successfully their current and future lives*
- *Develop pupils' understanding of the fact that life is complex and can present difficult and adverse circumstances and events*
- *and that*
- *situations can be managed well with education, opportunities, support and a determined approach focused on finding better ways.*

An outline of the wellbeing action plan can be found on the school's website.



The plan includes a review of the curriculum to ensure that health, fitness and wellbeing are of high priority; the appointment of a dedicated Health, Wellbeing and Fitness Manager to coordinate individual intervention plans; a review of complementary and therapeutic provisions; the upgrade of the school's fitness suite, and the refurbishment of the

vacant caretaker's property by transforming it into a Wellbeing Centre; the creation of an enclosed wellbeing garden, and, specialist training for staff, including the social, emotional and behavioural aspects of the adolescent brain.

Therefore, we were already in a strong position to place health, fitness and wellbeing at the forefront of our improvement planning and having developed the garden during lock down, we feel confident that our provision will be best placed to address issues associated with achievement and wellbeing.





Tyfu

Additionally, we are in the process of creating a specialist, well equipped resource base, 'Tyfu', for pupils who require an alternative approach to their academic studies and to their wellbeing so that they can 'grow' and thrive. We recognise the need to continue to personalise the curriculum for students and that a minority of students struggle to meet the academic and social demands of full mainstream education. These students need additional and specialist provision to enhance their social and emotional skills and experiences and to maximise their chances of success by enhancing their self-esteem and confidence as they take the next steps for life and education, beyond Cowbridge Comprehensive School.

'Tyfu' the Welsh word for 'grow', embraces the ethos where all pupils, regardless of ability, background, family circumstances and of their current social and emotional issues, have equal and equitable opportunities to reach their potential in order for them to develop into ambitious, capable learners, committed to lifelong learning.