



Dear Parents/Carers,

We are pleased to inform you that as part of our ongoing work on wellbeing and mental health here at St Andrew's, we are working towards a national award called the Wellbeing Award for schools (WAS).

Developed in partnership with the National Children's Bureau (NCB), the Wellbeing Award for Schools is intended to help schools prepare and equip themselves to promote emotional wellbeing and positive mental health across the whole-school community.

There are four key principles driving the ideas and recommendations behind the award:

1. Emotional wellbeing and mental health are a continuum. Related issues can range from positive attitudes and behaviour, through to experiences of emotional distress and mental disorder.
2. Schools already experience and manage emotional issues on a daily basis; the objective is to minimise the impact of such issues and maximise the effectiveness of any responses.
3. Emotional wellbeing covers a range of dimensions, such as resilience, character building, relationships and self-esteem, etc. Understanding both developmental and mental health awareness is critical.
4. Creating a positive school culture requires a whole-school approach that is led from the top while involving all in the school community.

In order to make sure that we continually improve the support we offer, we want to understand how well we are currently supporting the emotional wellbeing of our pupils. For this reason, we are inviting pupils, parents and staff at our school to complete an anonymous survey.

The following information is important since it will explain about both the survey process and how the information gathered will be used.

We are asking for your permission to invite your child to complete the survey. If you are happy for your child to do this then you do not have to do anything. However, if you do not want your child to complete the questionnaire then please let us know by 13.03.23.

If we do not hear from you, we will assume you are happy for your child to be invited. Please be reassured that by deciding against you or your child taking part in the survey will not disadvantage you or your child in any way.

If you are unsure about whether you would like your child to take part and you have some questions about the survey, you are welcome to contact Mrs Whitaker or Mrs Kirkpatrick.

The parent questionnaire will be sent out by E mail and will be from Optimus Education. We would be grateful for your responses so that we can move forward with our work on wellbeing.

Why has my child been asked to take part and what will they do?

The survey has been specially designed for pupils. It is a survey, which should take about 15 minutes to complete. The answers your child gives to the questionnaire will not be seen by their friends or teachers – unless your child chooses an adult to help them complete the questions. It will be completed in school.

What will happen with the information that you/your child gives us?

The information from the survey will help our school to improve its work in providing better provision for emotional wellbeing and mental health. All information collected is anonymous and will be kept confidential.

What we need parents/carers to do

We hope that you have found this information useful and that you will be happy for your child to be invited to take part in this survey. As noted, if you do not want your child to participate in this survey, you need to contact the school by 13.03.23. The parent questionnaire will be sent out shortly from Optimus Education, please complete this online.

Yours sincerely

Mrs Whitaker KSI/EYFS pastoral lead

Mrs Kirkpatrick KS2 pastoral lead.