

Leading Wellbeing

Build **skills**. Boost **wellbeing**.
Lead with **purpose**.



Take5

steps to wellbeing

Be Active



Move more.
Boost energy.
Strengthen
body and mind.



Connect



Build strong
relationships.
Feel supported.
Belong.



Keep Learning



Stay curious.
Build skills.
Grow
confidence.



Take Notice



Be present.
Notice the
good.
Look after
your mind.



Give



Give your time.
Share kindness.
Make a difference.
Stronger together.



Small steps. **Big impact.**
Better mental health. Brighter futures.



Improved
Wellbeing



Stronger
Relationships



Better
Focus



Build
Resilience



Create Positive
Change



CONTENTS

Supporting student wellbeing. Saving staff time. Proving impact.

*Take 5
Champions*

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SAVE TIME



STRENGTHEN
PASTORAL CARE



PROVE IMPACT



STUDENT
CENTRED



FUTURE READY



Take5: CHAMPIONS

PEER LEADERSHIP FOR POSITIVE MENTAL HEALTH IN SCHOOLS



Take5 Champions empowers young leaders (16+) to promote **positive mental health, resilience and wellbeing** across their school community.



Working alongside the Pastoral Care Team, students form a dedicated **Wellbeing Committee** to shape and lead wellbeing initiatives throughout the academic year.



The Wellbeing Committee oversees a team of **Class Captains/Coaches** who deliver engaging projects to younger year groups and partner junior schools using the Take5 Steps to Wellbeing framework.

PROGRAMME COMMITMENT



1

**Full Day
Leadership
Training**

September/
October



**Wellbeing
Committee
Established**



**Monthly
Student-Led
Wellbeing
Activity**
(1 per month)



**Programme
Delivery**
September
to March



**End of Year
Celebration
& Impact
Review**

DEVELOPING LORIC SKILLS



BENEFITS FOR EVERYONE



FOR YOUNG LEADERS

- ✓ Builds confidence and leadership experience
- ✓ Improves mental health literacy
- ✓ Develops key LORIC skills
- ✓ Creates meaningful volunteering opportunities
- ✓ Makes a real impact in their school and wider community



FOR SCHOOLS

- ✓ Strengthens pastoral care provision
- ✓ Improves school culture and belonging
- ✓ Reduces stigma around mental health
- ✓ Creates sustainable peer-led wellbeing support
- ✓ Builds stronger links with feeder primary/junior schools



FOR YOUNGER PUPILS

- ✓ Access to relatable role models
- ✓ Positive mentoring relationships
- ✓ Engaging wellbeing activities
- ✓ Improved wellbeing awareness and resilience
- ✓ Early support and a safe space to thrive



LEADING TODAY. INSPIRING CHANGE TOMORROW.

Stronger Young People. Stronger Schools. Stronger Communities.



WHAT DOES THIS ENTAIL?



1 DAY TRAINING

A complete training day equipping young people to lead, plan and deliver impact in school.



FOR COACHES

WORKSHOPS / GAMES TRAINING



- ✓ Interactive workshops
- ✓ Engagement games
- ✓ Delivery skills
- ✓ Youth-focused approach



Build confidence to deliver impactful sessions.

FOR COMMITTEE MEMBERS

PLANNING & CAMPAIGN TRAINING AGREE MILESTONES



- ✓ Campaign planning
- ✓ Agree key milestones
- ✓ Calendar alignment
- ✓ Roles & responsibilities
- ✓ Evaluate & adapt



Plan ahead.
Agree milestones.
Deliver with purpose.

GROUPS ARE SUPPORTED

WITH TOOLS TO GO BACK INTO SCHOOL AND DELIVER A PROJECT



- ✓ Practical tools & templates
- ✓ Project guidance
- ✓ Resource pack
- ✓ Mentor support
- ✓ Impact tracking



Everything you need to lead a successful project.

DELIVER A PROJECT IN LINE WITH:



AN AGREED CALENDAR

Aligned to school priorities & events

+



AGREED TIME ALLOCATION

Dedicated time agreed in school

+



POSSIBLE BUDGET*

Funding to bring ideas to life

+



IDEAS FROM YOUNG PEOPLE

Projects shaped by student voice

THE IMPACT



Build skills
& confidence



Strengthen school
community



Create real
impact



Sustainable
& supported



**EQUIP.
PLAN.
DELIVER.**

Young people leading
change in their schools.



Empowering young people. Supporting schools. Creating lasting impact.

*Budget subject to school approval and availability.



Care Team



The Care Team (Pastoral Care Staff) oversees and supports the Wellbeing Committee.



Supports communication, wellbeing initiatives and promotes a positive school culture.

Wellbeing Committee & Media



Student leaders who plan, coordinate and lead wellbeing projects and activities.



Manage communications and media to raise awareness and celebrate wellbeing across the school.

Class Coaches



8a



8b



8c



8d

Class Coaches deliver projects and activities to their year groups, promoting wellbeing and peer support.



SOLUTION

Year 8 Wellbeing Programme – Monthly Themes & Delivery

MONTH	THEME	DELIVERY MODEL	EXAMPLES
SEPTEMBER	● Belonging & Peer Support	Interactive Talk	
OCTOBER	● Mental Health Awareness	Workshop	
NOVEMBER	● Respect, Kindness & Peer Advocacy	Team Games	
DECEMBER	● Gratitude & Giving Back	Charity Action	
JANUARY	● Physical Activity & Motivation	Steps Challenge	
FEBRUARY	● Children's Mental Health Week	Sport-Based Games	
MARCH	● Study Skills & Cognitive Preparation	Group Talk	
APRIL	● Stress & Emotional Regulation	Guided Session	



HELP CHARITIES



WALK & TALKS



CELEBRATE SUBJECTS



QUIZ'S



CLASS vs CLASS
FOOTBALL/GAMES



LOCAL CLUBS AND SERVICES
Coming in and telling us
about what they do



CREATING POSTERS



CREATE FIDGETS /
FLASH CARDS



TRY DIFFERENT
SPORTS



GOMING
SOON!

YEAR 13 COMMITTEE STRUCTURE & ROLES

— Student leadership. Stronger wellbeing. Greater impact. —



YEAR 13 COMMITTEE



Chair

Lead and chair meetings



Vice Chair

Support the chair and deputies



Secretary

Minutes, documentation and communications



Media & Comms

Promote, engage and share updates



COMMITTEE ROLE



Plan Wellbeing Calander

Plan and coordinate wellbeing activities



Plan Events/campaigns

and link with external services



Support Class Captains

Support delivery and provide guidance



Monitor Impact

Evaluate and report on impact



School Social Media

Manage and grow school social media presence



TAMHI SUPPORT



Check In Online

Via Microsoft Teams



Visit When / If Needed

In-person support available if required



Mentor Support

Access to trained peer mentors and guidance



We're Here For You

Reach out anytime — you don't have to do it alone



LEADERSHIP

Grow skills and confidence



WELLBEING

Promote positive mental health



COMMUNITY

Stronger connections and support



IMPACT

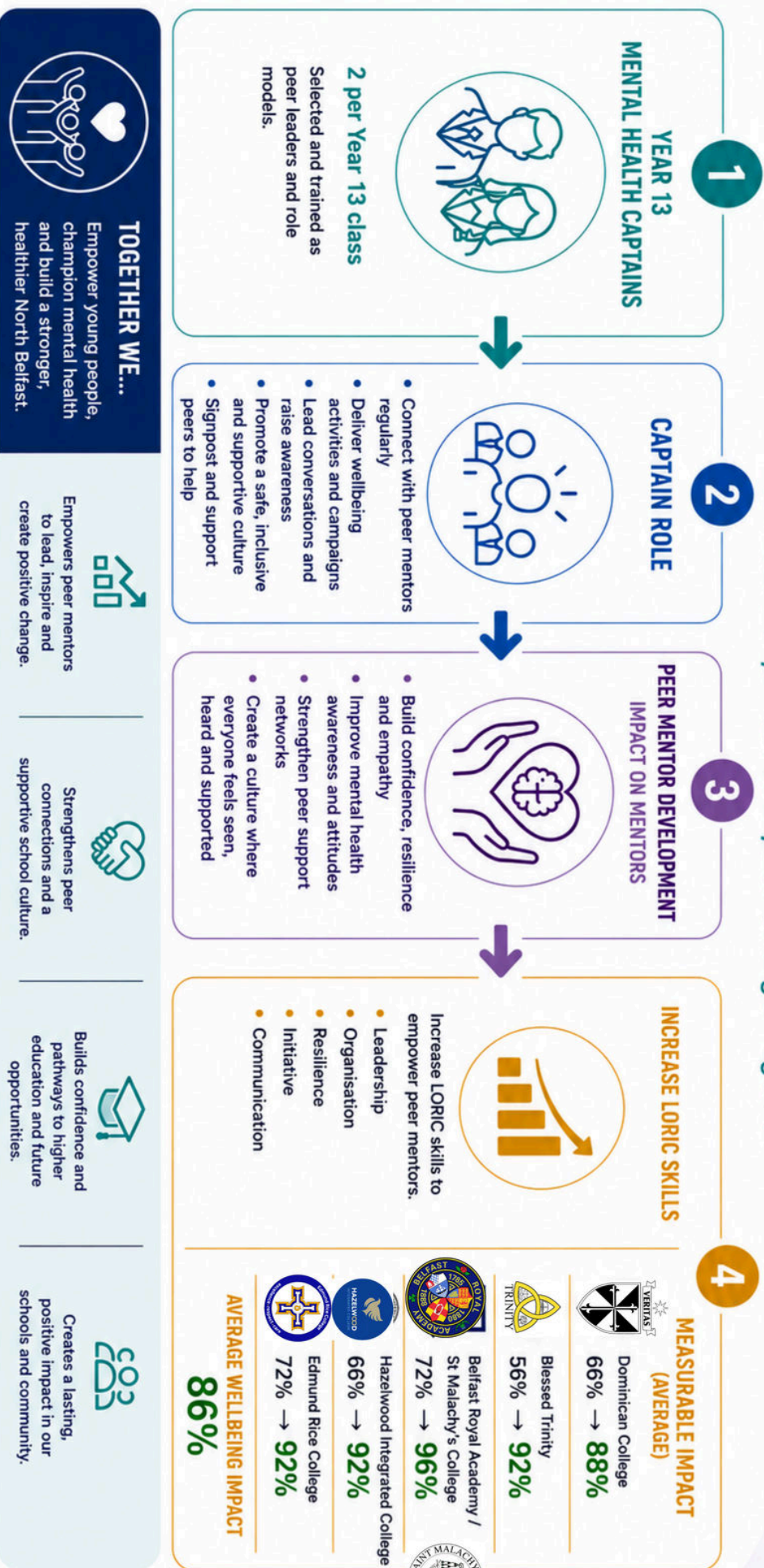
Creating change that lasts



Leading today. Inspiring **change** tomorrow.

YEAR 13 MENTAL HEALTH CAPTAIN MODEL

Peer Leadership. Positive Impact. Stronger Together.



Leading today. Inspiring tomorrow.



VALUE PROPOSITION

Pastoral Care Committee Support



SAVE TIME



STRENGTHEN
PASTORAL CARE



PROVE IMPACT

1 TIME RECOVERY FOR PASTORAL STAFF



We create immediate time savings for pastoral leaders by taking ownership of the planning, coordination, and scheduling of key wellbeing initiatives across the academic year.

WE DO THIS BY:

- Developing and managing an annual pastoral calendar of events
- Coordinating awareness days/weeks (Mental Health Awareness Week, Anti-Bullying Week, Exam Wellbeing support etc.)
- Managing logistics for workshops, speakers, sports interventions, and student engagement activities
- Reducing administrative burden on teaching and pastoral staff

VALUE TO SCHOOL

- ✓ Frees pastoral leaders to focus on high-value student support
- ✓ Reduces staff burnout and workload pressure
- ✓ Improves organisation and consistency of wellbeing delivery



2 STRATEGIC CALENDAR PLANNING



Rather than reactive wellbeing activities that happen when someone remembers them two days before assembly, we build a structured annual roadmap.

THIS INCLUDES:

- Term-by-term wellbeing initiatives
- Key student intervention dates
- Parent engagement opportunities
- Staff wellbeing initiatives
- Links to safeguarding priorities
- Alignment with school development plans

VALUE TO SCHOOL

- ✓ Creates a proactive rather than reactive culture
- ✓ Ensures consistent delivery across the year
- ✓ Helps leadership see the bigger picture



3 TAKE 5 IMPACT REPORTING



We provide measurable reporting through Take 5 Impact Reports that demonstrate both participation and outcomes.

REPORTS INCLUDE:

- Student engagement numbers
- Wellbeing outcomes
- Feedback from pupils/staff/parents
- Attendance impact
- Behaviour impact
- Case studies
- Recommendations for future intervention

VALUE TO SCHOOL

- ✓ Clear evidence of impact
- ✓ Demonstrates ROI on wellbeing investment
- ✓ Helps secure future funding/resources



4 ETI & GOVERNOR READINESS



We help schools present clear evidence of impact to key bodies and ensure you're always inspection and governance ready.

WE HELP EVIDENCE:

- Student wellbeing provision
- Preventative interventions
- Participation rates
- Outcomes and impact
- Strategic planning



VALUE TO SCHOOL

- ✓ Inspection-ready evidence
- ✓ Stronger governance reporting
- ✓ Greater accountability and transparency



5 IMPROVED STUDENT OUTCOMES



Ultimately, all of this supports what actually matters – healthier, happier students who are ready to learn and thrive.

THIS LEADS TO:

- Better mental health outcomes
- Increased resilience
- Improved attendance
- Reduced behavioural concerns
- Stronger student engagement
- Earlier intervention support

VALUE TO SCHOOL

Healthier pupils tend to learn better.
Shocking discovery, I know.



THE CORE PROMISE

"We save schools time, strengthen pastoral delivery, provide measurable impact evidence, and help leaders confidently demonstrate their commitment to student wellbeing."



SAVE
TIME



STRENGTHEN
PASTORAL CARE



PROVE
IMPACT



BETTER SUPPORT FOR STAFF. STRONGER SYSTEMS. BETTER OUTCOMES FOR STUDENTS.

Together, we make wellbeing everyone's business.





VALUE PROPOSITION FOR SCHOOLS

Student Captains. Early Support. Big Impact.

8



TIME RECOVERY FOR SCHOOLS

Less escalation. More focus.
Better outcomes.



CAPTAINS TRIAGE LOW LEVEL ISSUES

Resolve friendship bickering
before escalation.

- ✓ Spot issues early
- ✓ Support peer mediation
- ✓ Encourage positive communication
- ✓ Escalate only when needed
- ✓ Build a culture of respect and kindness



Fewer behaviour issues.
Less pressure on pastoral staff.



PROMOTE INCLUSION OF SEN STUDENTS

Reducing settling anxiety
and building belonging.

- ✓ Help new SEN students settle with confidence
- ✓ Encourage social inclusion
- ✓ Support friendship building
- ✓ Reduce feelings of isolation and anxiety



Stronger inclusion.
Happier, more confident students.



HELP FORM TEACHERS WITH MINI TALKS, WORKSHOPS & FUN ACTIVITIES

Engaging support that
builds connection.

- ✓ Mini wellbeing talks
- ✓ Icebreakers & games
- ✓ Team-building activities
- ✓ Awareness campaigns
- ✓ Peer-led discussions
- ✓ Fun, meaningful engagement



Supports teachers.
Stronger form groups.



SAVES TIME
for staff



PREVENTS ISSUES
before they escalate



BUILDS INCLUSION
and belonging



IMPROVES OUTCOMES
for all students



**CREATES A POSITIVE
SCHOOL CULTURE**



Student leaders making a real difference – so schools can focus on what matters most.





VALUE PROPOSITION PASTORAL CARE COMMITTEE SUPPORT



Save Time. Strengthen Pastoral Care. Prove Impact.



We **save** schools time, **strengthen** pastoral delivery, provide measurable impact evidence, and help leaders confidently demonstrate their commitment to student wellbeing.



1. TIME RECOVERY FOR PASTORAL STAFF

- ✓ Annual pastoral calendar of events
- ✓ Coordinate awareness days & wellbeing initiatives
- ✓ Manage workshops, speakers, sports & activities
- ✓ Reduce administrative burden on staff



OUTCOME:
More staff time for high-value student support.



2. PROVE IMPACT WITH TAKE 5 REPORTING

- ✓ Student engagement numbers
- ✓ Wellbeing outcomes
- ✓ Attendance & behaviour impact
- ✓ Feedback from pupils, staff & parents
- ✓ Case studies & recommendations



OUTCOME:
Clear evidence of impact and ROI for investment.



3. BETTER STUDENT OUTCOMES

- ✓ Earlier intervention support
- ✓ Better mental health outcomes
- ✓ Improved attendance
- ✓ Reduced behavioural concerns
- ✓ Stronger engagement & resilience



OUTCOME:
Happier, healthier pupils who are ready to learn and thrive.

BUILT ON EVIDENCE. DESIGNED FOR SCHOOLS.



WORKLOAD REVIEW (2025)

Highlights workload pressures and the need for efficient systems that reduce admin and increase capacity.



PEER MENTORING PILOT RESULTS (2026)

Demonstrated improved wellbeing, belonging, confidence, early issue identification and transition support.



MENTAL HEALTH & SPORT: ADOLESCENTS PROGRAMME (2023)

Research with B.R.A., St Malachy's College & Blessed Trinity College shows sport improves mental wellbeing, resilience and engagement.



Department
for Education

DIGITAL STANDARDS FOR SCHOOLS (DFE 2030 ROADMAP)

Encourages digital systems, automation and AI tracking to improve efficiency and reduce administrative burden.



**SAVE
TIME**



**STRENGTHEN
PASTORAL CARE**



**PROVE
IMPACT**



**STUDENT
CENTRED**



**FUTURE
READY**

