



## The Well-being Committee - Role and Responsibilities



There is no one agreed definition of well-being but at Hillcross we agree with Merriam-Webster's definition that it is the experience of **health, happiness, and prosperity**. **Well-being** includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. Developing resilience through well-being is one of the core themes running through our school vision.

This is an exciting opportunity **for children in Year 3, Year 4, Year 5 or Year 6**. It will require commitment and hard work, but if successful they will have the opportunity to ensure that everyone in our school community is able to take positive steps to help improve their mental health and wellbeing (these are connect, be active, take notice, keep learning and give). This is an opportunity to influence genuine change that will make our school even better.

Equality Committee members will be expected to:

- Be role models for our school values.
- Keep themselves up to date with well-being and mental health issues and solutions outside of the school.
- Actively look out for people who are finding it difficult to manage how they think, feel and act in their daily life and/or in response to challenges and report it immediately.
- Bring any ideas about how the school can change or improve in relation to well-being and mental health to committee meetings and work collaboratively to put proposals forward, applying a range of thinking tools to support the process.
- Get involved in specific projects, working alongside other teams and individuals in the school community.
- Monitor decisions made by the school in terms of potential impact on well-being and mental health.
- Keep the school community up to date with well-being and mental health issues, agreed projects and decision making processes e.g. in collective worship, parent forums, newsletters and meetings with governors.

Well-being Committee members should be:

- Empathetic
- Approachable
- Thoughtful
- Confident
- Reliable
- Responsible
- Good listener, listen to the views of others and valuing their opinions
- Honest
- Organised

#### Commitment

- Well-being Committee meetings usually take once per half term on a **Wednesday, after school, 3.00-4.15pm**. We will sometimes have additional meetings during the school day.
- Representatives will be expected to attend all committee meetings, arriving on time with everything they need (refer to last meeting notes and/or the Well-being Committee Google classroom).
- Members will need to regularly check the Well-being Committee Google classroom and respond as appropriate.
- It is important that should you become a member of the Well-being Committee you are committed to this role for the whole school year. At the end of the year, members can decide if they would like to continue or step down.