

Dear student,

How's your wellbeing? Later on this month you will be asked to fill in an online questionnaire assessing your wellbeing. This is happening across ESF with all students in year 4-13. Very few of us really think about our wellbeing and what drives our happiness. We probably have a rough idea of how life is going, but few of us really look at what impacts our wellbeing - either boosting it or draining it. The first step to managing our wellbeing is creating our own information and being able to stand back and take a look at it. That's what a wellbeing assessment is all about.

**Why should I bother with the assessment?** Virtually all of us can learn from a wellbeing assessment. It's not just for people who are struggling, but also for people who are doing well. After looking at different aspects of their wellbeing most people can see where they can make positive changes. Plus, the assessment looks at what's going well and what's not, so you can build on what's going right as well as changing what's not.

**How will I get my results?** You will receive a report telling you about your results (about 2 weeks after you complete the assessment)

**How can I use my results?** The best way to use your results is to talk to your family and friends. Having conversations about wellbeing, both what is going well and what is not going so well, is a good first step towards improving wellbeing. You can also talk to your teachers, year heads/house heads and school counsellor about your results.

**Who else sees my results?** We hope you will share your results with your friends and family. The school will get an alert if your wellbeing is low, or you report you are being bullied. We also get anonymous information about the whole school.

If you have any questions please ask you tutor or Head of House. You can also visit this website and watch the information videos <https://www.awesomeschools.com/index.php>

Best wishes

Ms Amanda Barton

Wellbeing Coordinator