

# POSITIVE WELLBEING

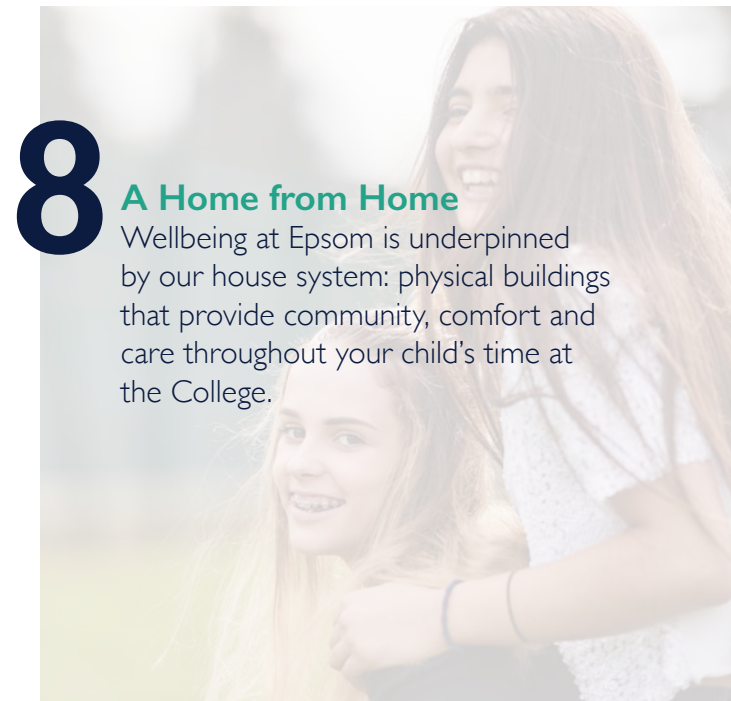


EPSOM  
COLLEGE

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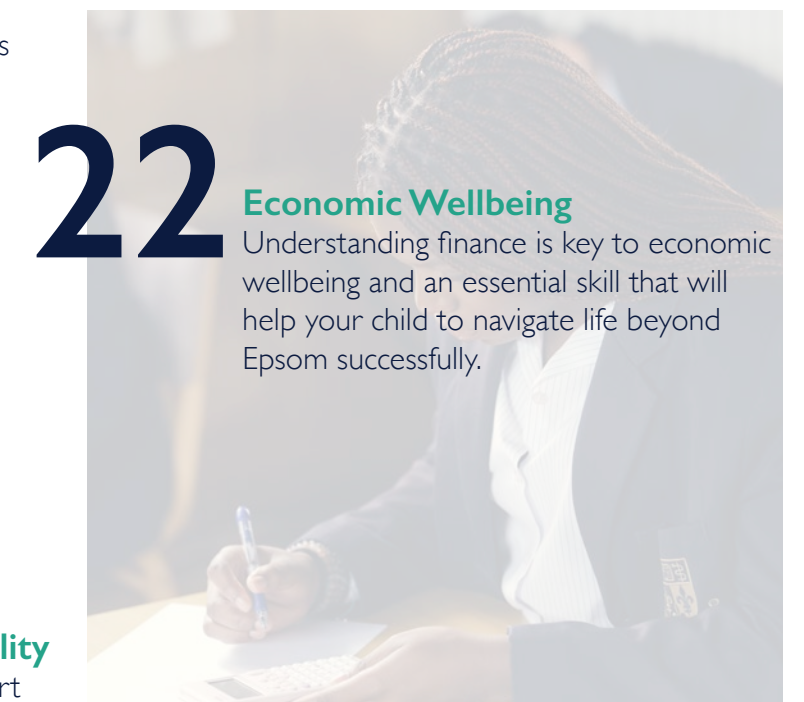
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# What is Positive Wellbeing?

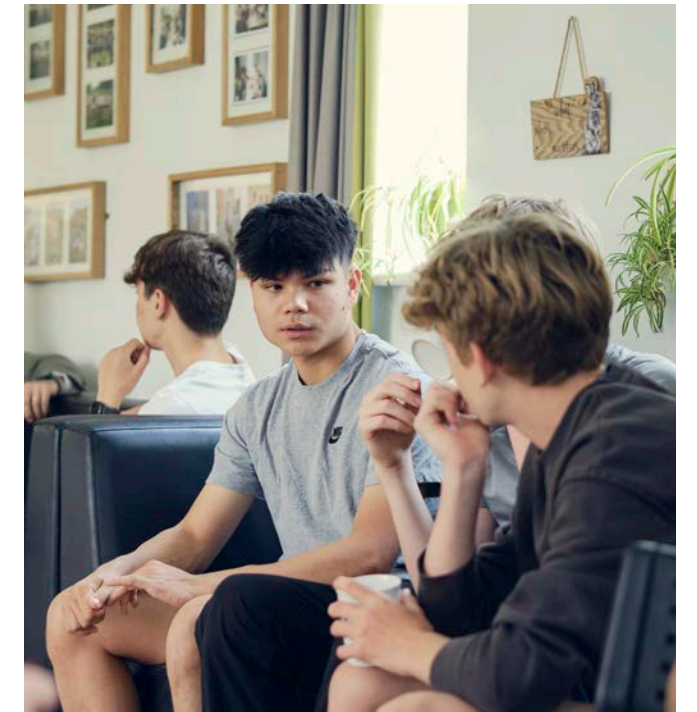
Wellbeing for too long has focused solely on the support available to children if something goes wrong. At Epsom we believe prevention is more powerful and longer lasting than cure.

We want to support your child to make the right choices from the very start. Choices that will help them to avoid some of the potential traps that lay in wait during the teenage years. And if they do occasionally make mistakes, we want to have helped them develop their character so they can face adversity with strength, resilience and positivity. We include wellbeing in all aspects of your child's education and co-curricular activities. Pupils gain the tools to deal with challenges as and when they arise, and we encourage them to become a cheerleader for themselves and their peers.

## A POSITIVE ENVIRONMENT WHERE YOUR CHILD CAN THRIVE

We place significant focus on positive wellbeing through our College values: kindness, ambition and integrity. Your child develops the skills and resilience to cope at a time of great change in their lives and will be supported in their thought processes and decision making.

We see children's confidence dramatically grow as they are encouraged to try a wide range of activities and develop new interests. Choosing to play a sport they've not tried before, attempting a skill such as calligraphy or developing a new interest, for example, building and driving electric racing cars. It is in these moments — new discoveries, stepping out of a comfort zone — that we see children flourish.



## PERSONAL AND SOCIAL DEVELOPMENT (PSD)

Your child will attend weekly PSD lessons and learn about a range of important topics that are age-appropriate and built upon as they move through the College. In Year 7 for example, subjects include first impressions, manners, building resilience and dealing with success and failure. In Year 9 we introduce the Wellbeing Passport. With this, your child will learn about values, character, online safety and mind education. Your child then begins a carousel of chosen topics for the remainder of their time at the College; they will learn about digital footprints, drugs and alcohol, British laws, morality and spirituality. In the Sixth Form, your child will enjoy key lectures from visiting experts and take part in seminars covering subjects such as finance, body image, consent, leadership and resilience.

## OPEN AND ONGOING COMMUNICATION

For your child to truly flourish, they need to know that we are in this together: College and home, teachers and parents, united in our ambition to give each child the very best chance of happiness and success. We work hard to develop these relationships, and this trust. We believe this sets us apart and creates one of the qualities that is difficult to quantify but hard to argue against: Epsom's strong sense of community and respect.

## OUR HOUSES — A HOME FROM HOME

From Year 9 every child joins a house, a physical building to call their own. Your child's house becomes their sanctuary, where they have the support of their housemasters and housemistresses, tutors and matrons, as well as their friends. Each house feels like a family. Pupils mix across the year groups and form supportive bonds, many of which continue for years to come.

## A WHOLE SCHOOL FOCUS

At Epsom, the whole school is responsible for the wellbeing of your child. On a day-to-day basis, your child is in contact with their housemaster or housemistress, matron and tutor. All are available to provide confidential, ongoing support and guidance. However, staff across the College are trained to look out for your child's wellbeing.

# Our College Values

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Guiding everything we do at Epsom are our College values: kindness, ambition and integrity. These values shape the way we relate to others and the way we conduct ourselves. They help to create a successful, harmonious community with wellbeing at its core.

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## KINDNESS

We look out for and support each other, and we are gentle on ourselves. In everything we do, we are considerate, inclusive and treat others as we would wish to be treated ourselves.

Epsom's service programme helps others in the community. Over 200 Sixth Form students are involved in the programme, with 150 going out each week on placements in the local community.



## AMBITION

We strive to achieve our best in all we do. We are open-minded and prepared to challenge ourselves, embracing as many opportunities as possible. We are also ambitious for others — encouraging friends, peers and colleagues to do their best and celebrating when they find success.

Our pupils want to be well-rounded, experienced and world-ready. That's why each day, once lessons are over, all our pupils take part in our award-winning co-curricular programme. With over 150 clubs, societies and activities to choose from, our pupils can experience fresh challenges.

## INTEGRITY

We are honest in our dealings with everyone. We always try to do the right thing — even when that might be the more difficult path, and even when no one is looking. We have positive morals and principles, which we follow at all times.



# A Home From Home

Underpinning everything is our house structure; physical buildings that provide community and comfort throughout your child's time at Epsom. A tight-knit family of young people who encourage, console, share and laugh together.

Your child's house is a physical building, offering a sense of sanctuary and community. A house is a place for pupils to study, relax, socialise and form lasting friendships. Each one is led by a housemaster or housemistress, alongside their deputy and the all-important matron. The matron becomes a surrogate 'mum'; always there to provide assistance, reassurance and a kind word. Your child also has a tutor, who is on hand to discuss any concerns they may have. We encourage pupils to rely on friends in their house, and in particular, to develop healthy relationships with all members of their peer group and with those in other years.

If your child joins us in Year 7, they will be placed in the Lower School rather than a house. This is home to Years 7 and 8 and provides a gentle introduction to life at the College. All pupils join a house from the start of Year 9, whether they are day or boarding pupils. Each house is single-sex, and home to roughly 80 pupils from Year 9 to Upper Sixth. The only difference between a day and a boarding house is that boarders have beds as well as desks in their room.

In all houses, a wide range of activities are organised to help your child settle in quickly and feel at home. Each house has its own way of encouraging friendships and support across the year groups. And for our boarding pupils, a mindful, wellbeing-focused approach to the evening routine means Epsom has been identified as a 'Sleep Champion' by the Boarding Schools Association (BSA). This is in recognition of the work we have done to limit access to technology and promote good sleep hygiene at the College.

"The BSA Sleep Champions scheme aims to celebrate and give recognition to schools who are committed to improving sleep hygiene within their boarding facilities," says the BSA. "Sleep plays a pivotal role in cognitive functions, memory consolidation and is an essential component to academic success and overall wellbeing."

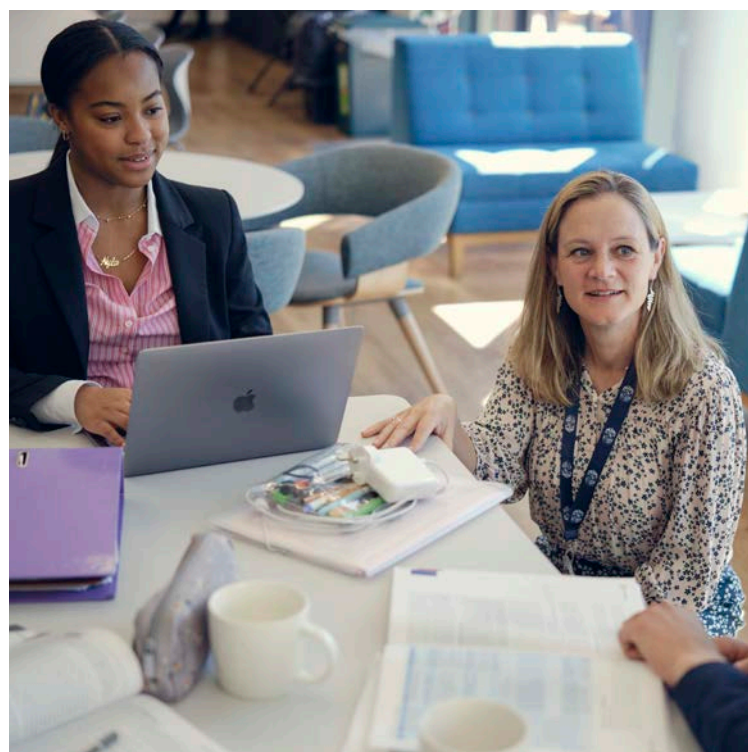


# A Supportive, Caring Community

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Everyone at Epsom wants your child to feel safe, cared for and valued — the teachers, coaches, caterers and everyone in between. Our award-winning provision is built on a whole-school, community-based approach to wellbeing. Every child is known to us, so that if your child does ever need a helping hand — support arrives quickly, and with care.

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On a day-to-day basis, your child is in contact with their housemaster or housemistress, matron and tutor. All are available to provide confidential, ongoing support and guidance. However, staff across the College are trained to look out for your child's wellbeing.

Our teaching staff often have multiple roles within the College and have regular contact with your child. Your daughter's hockey coach may well have been teaching her quadratic equations earlier in the day; your son's Duke of Edinburgh expedition could have been led by the same member of staff who helped him to unlock the beauty of a Shakespearean sonnet.

Our Chaplaincy team plays an integral role within wellbeing at the College, with two full-time staff who are there for your child in good times as

well as more challenging occasions. Highly visible around the College, friendly and approachable; our pastoral support is spirituality-based and inclusive of all faiths and beliefs.

Your child can also access our onsite medical centre, available 24 hours a day during term time, and can request an appointment with one of our counsellors — both highly-skilled child psychologists — to discuss a range of concerns.

This strong support network means we really get to know your child. Their strengths, struggles, learning styles, achievements and challenges — we are perfectly placed to spot any early signs of disquiet or discomfort. As much as we help develop their resilience and teach them the tools to help, if a pupil stumbles, literally or figuratively, Epsom picks them up.

# Building Good Character

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An important part of pupil wellbeing is the development of good character. We are not just trying to maximise our pupils' exam performance, we are seeking to increase their chances of leading happy, successful and healthy lives.

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As our approach to pupil wellbeing demonstrates, Epsom has long been a school that views education as something that develops the whole child.

*"There is nothing more rewarding than seeing a shy and quiet child who started in Year 9, develop into a strong and formidable young adult in Upper Sixth."*

Rosebery Housemistress

Everything we do: in the classroom, in houses, on the sports field and in our co-curricular programme, helps to develop these virtues and build character. In conversations with staff, pupils are regularly encouraged to reflect upon their character and the kind of adult they aspire to be.

We do this because we know that a pupil's character has a powerful influence on how successful and fulfilled they will be, both at school and later in life.

We help pupils develop their character through four 'building blocks'.

## Intellectual Virtues

The traits necessary for discernment, right action and the pursuit of knowledge, truth and understanding. Examples of skills developed are autonomy, critical thinking, curiosity, judgement, reasoning, reflection and resourcefulness.

## Moral Virtues

The traits that enable us to act well in situations that require an ethical response. Examples include compassion, courage, gratitude, honesty, humility, integrity, justice and respect.

## Civic Virtues

These are the traits required for engaged and responsible citizenship, enabling us to contribute to the common good. Examples include citizenship, civility, community awareness, service and volunteering.

## Performance Virtues

These are the traits that help our young people put the intellectual, moral and civic virtues into action. These traits include confidence, determination, resilience, motivation, leadership and teamwork.



# Personal & Social Development (PSD)

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From your child's first day at Epsom College, they will benefit from our PSD programme which teaches them about themselves, their relationships and the world around them.

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PSD is embedded throughout the curriculum. Your child is introduced to topics in Years 7 and 8 which are revisited in later years as they move through the College. As your child matures, the content becomes more nuanced and complex, deepening and engaging in a way that is sensitive and age-appropriate.

## SETTLING INTO THE COLLEGE

In Years 7 and 8, Wellbeing lessons help your child settle into the College, subjects include: setting first impressions; manners and courtesy; dealing with success and failure; building resilience, and emotional health during puberty. In Computing, they will learn about online etiquette, behaviours and risks, managing their data safely and online bullying. Then in addition to playing sport in their games lessons, they learn about the positive associations between physical activity, healthy eating, mental wellbeing and combatting stress.

## YEAR 9 WELLBEING PASSPORT

At the start of Year 9, your child completes their Wellbeing Passport which consists of:

- **Character development**
- **Learning about values**
- **Digital safety**
- **Mind education (including mindfulness)**

This helps all pupils establish good behaviour and conduct from the start of their time in our Senior School, and encourages cooperation between new starters and those who have come from Epsom's Lower School. One example of a topic covered in lessons is 'ambition'; your child will discuss courage and willingness to be brave, take risks and try new things.







## YEARS 9-11

After completing their Wellbeing Passport, PSD features a carousel of different subjects until the end of Year 11. This enables your child to choose from a range of different topics, taught in short blocks. Subjects include:

- **Alcohol: its dangers and peer pressure**
- **Drugs: illegal and legal, trafficking and travel, social media's portrayal, side effects, drugs charges, overdoses and consequences of drug use**
- **Finance: stamp duty, fuel duty, income tax, national insurance, VAT and inheritance tax**
- **Politics: House of Commons, House of Lords, how laws are passed and what it means to be British**
- **Human Rights: Universal declaration, legalities and clashes, abortion, right to life, free choice, free speech and discrimination**
- **Climate change**

## SIXTH FORM — INFORMATIVE AND INSPIRATIONAL LECTURE SERIES

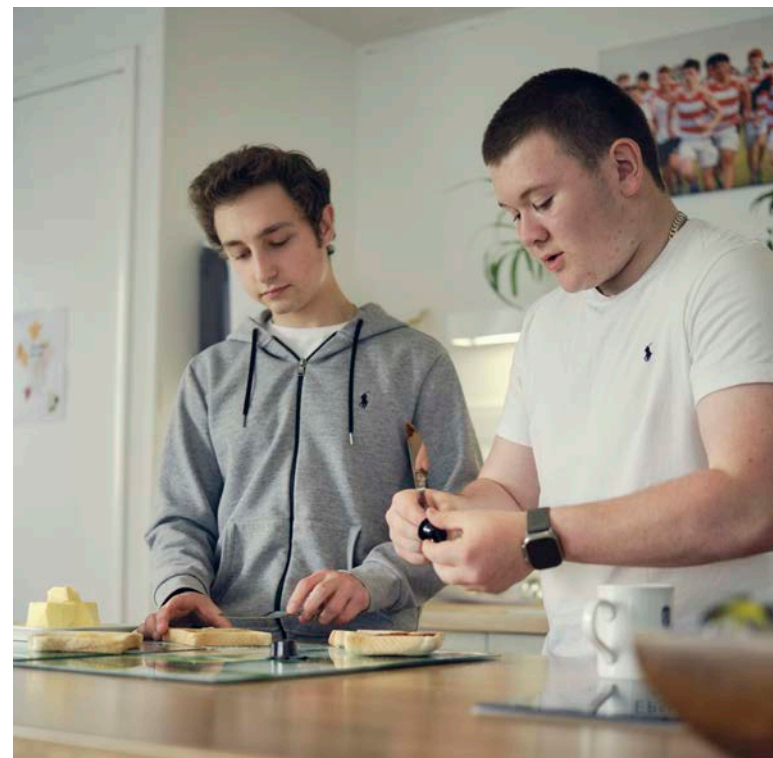
Once in the Sixth Form, your child will enjoy a series of lectures and seminars. Topics include finance, body image, consent, leadership and resilience. Visiting speakers talk about their own personal experiences, for example: surviving addiction, resilience in the face of tragedy, or unconscious bias. The lecture programme includes time for reflection and replicates university studies, preparing students for their next step.

# Promoting Positive Masculinity

Epsom's groundbreaking positive masculinity programme combats gender stereotypes, challenges unhealthy masculinity and prioritises mental wellbeing for all pupils.

At Epsom, we are unique in promoting positive, healthy masculinity, rather than reacting to issues as they arise. We ensure our young men learn how better to deal with challenges by focusing on character development and building resilience. We are already seeing the benefits of our programme, both for girls and boys — resulting in a more caring and inclusive community.

The College works closely with a company called Voicebox, who are specialists in helping young men address the pressures and expectations they face. A programme of workshops encourages our male pupils to engage and reflect on the challenges and develop actions they can take.



“The positive masculinity programme has been a great step forward for Epsom College in terms of talking about problems men and boys may face and how to combat them in positive ways, while also helping others in the process. These sessions have equipped us with useful tools we can now use within the College and for the rest of our lives.”

Alex Cooke, Year 12 student



“The first year of the Epsom College positive masculinity programme has been a great success and plans are already being implemented so that next year's Year 10 and 12 can take part. Our aim is that the whole community can promote positive masculinity, challenge unhealthy attitudes and gender stereotypes and continue to make Epsom an inclusive community for all our pupils.”

Chris Filbey, Assistant Head: Pupil Wellbeing



# Pupils Helping Pupils

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In the Sixth Form, your child can become a peer mentor; acting as a role model and offering support to younger pupils and the wider community

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Our peer mentoring programme has been running for many years and provides a real benefit to the whole College community, as well as being instrumental in developing the characters of those who volunteer. Peer mentors are key figures in their houses and provide one-to-one advice to younger pupils in need of mentoring or support.

If your child chooses to be a mentor, they are trained in active listening, stress and anxiety management and basic child protection. They can further specialise in important areas that interest them, such as becoming drugs and alcohol youth ambassadors, digital safety experts, or being student ambassadors for the Menstrual Cycle Support programme — an essential awareness programme of which Epsom is a pioneering school.

Our peer mentors use these newly learned skills to present assemblies, help deliver PSD and Wellbeing lessons to younger pupils, lay on parent workshops and offer outreach to local prep and primary schools.



“Peer mentoring allows students to develop vital life skills themselves, while supporting their immediate community within the College”



# Economic Wellbeing

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Understanding finance is key to economic wellbeing and an essential skill that will help your child to navigate life beyond Epsom successfully.

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We believe it is important your child becomes financially literate and has a basic knowledge of the economy and how to manage their own finances.

In the 2024 Savings Ladder Index, which gauges financial literacy levels in the UK, it was found that 23.3 million UK adults have poor financial literacy, making them £20,000 worse off compared to those with good financial literacy.

Young people themselves say that they feel unprepared for life beyond school. In a national survey almost half of all pupils, and 91% of parents, think personal finance should be taught at school, and just one in five pupils think they are being taught what they need to prepare themselves for the future.

We are confident that our programme bucks this trend, and equips pupils with important knowledge and skills.

As part of our financial literacy programme, your child will participate in workshops, listen to talks from guest speakers, and have classroom-based sessions that will build their knowledge and confidence around personal finance and economics.

Subjects include: how to budget and save; how banks, bank loans and credit operate; Government spending and taxation; and how pupils can exercise their rights as front-footed consumers.

We want to equip your child with the knowledge, skills and flexibility to navigate an increasingly challenging economic landscape, and for them to demonstrate sound understanding, awareness and judgement.

# Developing Social Responsibility

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Our pupils befriend, volunteer, support and assist those in need — learning the value of service to others.

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Our service programme provides your child with character-building opportunities as they give their time freely to others. Helping others increases our pupils' self-confidence and provides a natural sense of accomplishment.

The difference between our commitment to the community and how this is expressed in other schools is that at Epsom we embed volunteering into your child's timetable. This means that our commitment to helping in the community is woven into the working week — treated with equal importance as sport, academic lessons and co-curricular activities, for the way it develops the character of our pupils.

Each year our pupils volunteer over 8,500 hours of service to community projects and charities, helping those most in need in our local area as well as nationally and internationally. Over 65% of our Sixth Form students are involved with the service programme, with opportunities for the younger years to take part in volunteering as well. Weekly placements include local primary and infant schools, care homes, gardening projects and befriending placements in the community. Your child can also provide service to others through volunteering as part of their Duke of Edinburgh Award and Combined Cadet Force.





# Most Improved School in the UK

THE SUNDAY TIMES, PARENT POWER 2024

## School of the Year South East England

THE SUNDAY TIMES, PARENT POWER 2024

## Independent School of the Year Overall Winner

2022-23

## Independent School of the Year Student Wellbeing Award

2022-23



EPSOM  
COLLEGE

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