



Kindergarten
(6 months – 3 years)



DUCKS
(3 – 7 years)



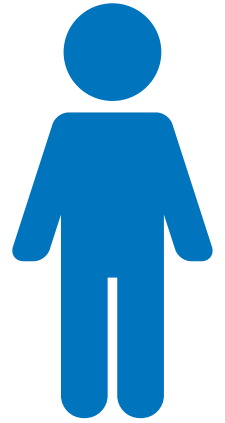
Junior School
(7 – 11 years)



Lower School
(11 – 13 years)



Middle School
(13 – 16 years)



Upper School
(16 – 18 years)

Promoting an emotionally literate and mentally healthy community

Wellbeing as an integral part of a DC education

Developing emotional literacy

Counselling available to all

Training for staff on mental health

Age appropriate wellbeing programmes

Developing resilience

Engaging with community; mentoring, community service, charitable events

Pauses throughout the school day

Engaging with parents



Wellbeing at Dulwich College

Educating for wellbeing is an approach to pastoral care which is active, positive, universal, informed and community-wide.

Wellbeing at the College is broad and includes the whole community

All five schools which make up Dulwich College are committed to promoting wellbeing, from the Kindergarten right through to the Upper School. A range of age appropriate methods for promoting wellbeing are in place, designed to enhance emotional literacy, promote physical and spiritual health, encourage healthy living, engagement in local and global communities and prepare students for the future. This approach to pastoral care offers something for all our pupils; by educating them for wellbeing and encouraging emotional literacy we seek to reduce the numbers of pupils reaching 'crisis' points and prepare our students to cope with life's ups and downs, both now and in the future.

We understand that a healthy community involves all its members. We've invested in staff wellbeing, undertaking a College-wide survey designed to audit our current position and, as a result of its findings, make changes where possible to promote and enhance wellbeing (for example through mindfulness and coaching). We recognise that whilst some skills and characteristics can be taught, many more are 'caught' through modelling in the community; we're

working on a training programme for staff to enable them to identify, support and signpost pupils and colleagues as appropriate.

We're increasingly working with parents in our quest to encourage wellbeing; we run regular parent forums on issues such as 'understanding the teenage brain', team up with Family Links to provide parenting courses and have a DC Wellbeing twitter page (@WellbeingatDC) which parents are invited to follow.

We connect with outside agencies. eg. Redthread and the local Police to ensure a greater network of communication which aids safeguarding and allows us to target support.

We have a wide-reaching, comprehensive programmes

Between joining the College at Year 7 and leaving at the end of Sixth form, a DC boy will have approximately 100 hours of timetabled time specifically focussed on supporting and improving his wellbeing. Our programme covers an extensive range of topics including; friendships, bullying, mindfulness, resilience, financial literacy, campaigning, sexting, pornography, mental health, domestic survival, sexual

health and careers. Our younger pupils follow their own wellbeing programmes according to their age and needs.

We use data to help design our courses; our Upper School wellbeing programme was designed after conducting a survey amongst Old Alleynians asking what they wished they had known when in the Upper School and how they could best be prepared for life beyond school.

Wellbeing as a concept

Wellbeing is an approach to pastoral care which is active and open to all. In addition to the formal wellbeing programme, we have an array of structures and people in place to provide support. Our form tutors and year heads are often the first point of call for boys and parents but in addition we have an on-site counsellor, a medical centre, a Chaplaincy team, a weekly drop in service for boys, a peer-led mentoring service, a vast community service programme and charitable fundraising. Boys are supported and guided as they make decisions about the future by our Beyond Dulwich team.

Sarah Griffiths
Head of Wellbeing