



THE
KINGSLEY
SCHOOL

WELLBEING AT KINGSLEY

2025-26

At The Kingsley School, wellbeing sits at the heart of everything we do, informing our decisions and actions. We believe that when our pupils feel seen, valued and supported, they will learn, grow and thrive both in the classroom and beyond.

Our approach is proactive, relational and inclusive. We focus on creating, developing and growing a culture of kindness and respect where every member of our community - students, staff and families - feels a genuine sense of belonging.



Click on the headings below to find out more. Return to this page at any time using the menu button on the top right of each page.

[Our Three-tiered Approach to Wellbeing](#)

[Coaching and Mentoring](#)

[Our Wellbeing and Pastoral Team](#)

[Student Leadership and Peer Support](#)

[The Power of Relationships](#)

[SOAR Programme](#)

[A Whole-school Commitment](#)



OUR THREE-TIERED APPROACH TO WELLBEING

We offer a carefully structured wellbeing provision across three tiers, ensuring that every student receives the right level of support at the right time.

Tier 1 ***Universal Provision***

Our universal offer supports every student every day. It includes:

- High quality teaching that prioritises relationships and emotional safety.
- A comprehensive PSHE and RSE curriculum promoting personal growth, empathy and responsibility.
- Fortnightly Senior School assemblies focusing on current affairs, school developments, student voice, leadership and many more themes.
- Weekly Prep School assemblies focusing on wellbeing themes.
- Fortnightly year group assemblies with wellbeing and safeguarding themes or year-group specific guidance and advice.
- A visible and approachable Safeguarding Team.
- Thoughtful transition processes for new students, focusing on relationship-building and belonging.
- A relational practice behaviour policy centred on understanding, reflection and repair, helping students learn from their decisions and make informed, positive choices.
- Recognition and celebration through our rewards and achievement points system.



- A restorative approach to conflict and behaviour.
- A wide range of co-curricular clubs promoting social connection and wellbeing.
- A zero-tolerance stance on discriminatory or derogatory language, supporting inclusion and respect.
- A strong pastoral programme that prioritises community and emotional literacy.
- Our bespoke SOAR Programme (Strengths, Outcomes and Optimism, Awareness and Attention, Resilience and Relationships), a Positive Education model helping students recognise their strengths, enhance engagement and build resilience.
- In the Prep School, the SOAR programme is supported in an age-appropriate way by the colourful and inspiring Round Square Heroes.
- Weekly wellbeing checks with Form Tutors through focused and wider tutor group wellbeing activities.
- Year group specific wellbeing sessions covering topics such as exam preparation, sleep, navigating friendships and digital nutrition.
- Anonymous safeguarding reporting systems empowering students to seek help safely.
- In Prep, pupils may go to the School office, their class teacher or the Head of Prep for support.
- In Senior School, The Student Hub is a central, welcoming space where Heads of Year and our Wellbeing and Pastoral Lead are available to listen, support and guide.
- A Reset Room, providing a calm space for short time-out and self-regulation before returning to learning.
- The Sixth Form has a dedicated team of tutors, including a Sixth Form pastoral lead to support students with wellbeing and pastoral support. The Sixth Form offers an open-door policy throughout the day to ensure visibility of staff and develop positive relationships with the tutors.
- Sixth form tutors have one to one meetings with their tutees on a regular basis to support personal development of students.

“During Friday afternoon enrichment sessions, I did mindfulness colouring. We watched a video on how to draw and colour for relaxation. It was nice having time off from our studies to focus on something calm and creative.”

Ruby, Year 10

Tier 2 *Targeted Provision*

When students need additional support, we provide tailored interventions to help them re-engage and thrive. Our targeted offer includes:

- A wellbeing referral and triage process, enabling concerns to be raised and ensuring students receive the right level of support.
- Six-week intervention programmes designed around specific needs, for example managing anxiety.
- Access to a counsellor, who is available to us two days a week.
- Life and wellbeing coaching for staff and students.
- Learning support mentors.
- In Prep School, Year 6 pupils act as Buddies for the younger children and are available at break and lunchtimes to provide a listening ear.
- In Senior School, peer-to-peer mentoring and student-led coaching programmes provide a valuable source of support.
- Weekly meetings with Form Tutors or Heads of Year for ongoing check-ins.
- Support from our Wellbeing and Pastoral Lead and Healthcare Coordinator for both emotional and physical wellbeing.
- Parent workshops to build shared understanding and strengthen home–school partnerships.



“My weekly one-to-ones with my learning support mentor really help me. I’m taking my GCSEs in the summer, so we use the time to go through past papers and revisit topics I’m unsure of.”

Year 11 Student



Tier 3 *Specialist Provision*

For students requiring specialist intervention, we work closely with trusted external professionals and agencies.

This includes referrals to RISE, CAMHS, Safeline, COMPASS, Guys Gift and other specialist services, educational psychology and dyslexia assessments, CBT, Lego Therapy, and early support programmes, LifeSpace mentoring, and support with EHCPs and ongoing liaison with external health and education professionals.



COACHING AND MENTORING: EMPOWERING GROWTH TOGETHER

Coaching and mentoring are central to The Kingsley School's culture of reflection, empowerment and connection.

Our staff and students are increasingly trained in evidence-based coaching and mentoring frameworks, developing the skills to listen deeply, ask purposeful questions and help others find their own solutions.

Through these partnerships, we encourage self-awareness and personal responsibility, support goal-setting and self-directed growth, strengthen relationships between students and staff, and develop confidence, empathy and resilience.

Coaching and mentoring sessions happen both formally, through structured programmes and peer-to-peer schemes, and informally as part of daily conversations across the school. This shared language of coaching supports our relational practice approach, helping everyone in our community to flourish and to see challenge as a pathway to growth.



OUR DEDICATED WELLBEING AND PASTORAL TEAM

Our wellbeing provision is underpinned by a highly skilled and compassionate wellbeing and pastoral team, who ensure that every student is known, supported and encouraged.

In Prep School, children identify five trusted adults that they can go to if they have a concern; these may be teaching or support staff or the Head of Prep. Day to day pastoral issues are often addressed by the class teacher. The Head of Prep has overall pastoral responsibility for the children in Prep School.

In Senior School, each year group benefits from the care and expertise of their Form Tutors and Heads of Year, who work closely with families to tailor provision to the developmental and emotional needs of their students.

The Sixth Form team consists of personal tutors who meet regularly with a small group of Year 12 and 13 students to support students' personal development. They offer both pastoral and academic support, for example with post-18 plans. Tutors use coaching language to help develop students' resilience and self-reflection skills.

The team meets regularly to review emerging needs, coordinate support, and respond swiftly to changes in circumstances, ensuring that our approach remains dynamic,

student-centred and aligned with the school's core values of kindness, community, excellence and opportunity.

Our Deputy Head (Wellbeing and Pastoral), Assistant Head (Wellbeing and Pastoral) and Assistant Head (Safeguarding and Support) oversee this structure, supported by our Wellbeing and Pastoral Lead, Healthcare Coordinator, and the safeguarding team. In Prep School, the Head of Prep has oversight.

Together, they provide a cohesive network of care that integrates academic, emotional and social support, ensuring that wellbeing is not an add-on, but a living part of our daily practice.



STUDENT LEADERSHIP AND PEER SUPPORT

At Kingsley, we believe leadership begins with service, empathy and connection. Our Student Leadership Programme empowers students to take an active role in shaping the culture of care across our school.

Through structured leadership pathways and training in peer mentoring, communication and relational skills, students develop the confidence and capacity to support one another and contribute meaningfully to the wellbeing of the community.

This programme encourages peer-on-peer support through mentoring and wellbeing initiatives, the development of individual and collective strengths, mutual support and growth through collaboration, and co-creation and shared ownership of wellbeing initiatives and events.

Student leaders work closely with staff to design and deliver initiatives that promote kindness, inclusion and resilience, ensuring that the student voice remains at the heart of our wellbeing provision.



THE POWER OF RELATIONSHIPS

Our relational practice behaviour policy underpins our whole-school ethos. Built on the principles of trust, empathy and accountability, it recognises that positive relationships are at the heart of learning and personal growth.

We believe in understanding the reasons behind behaviour, helping students reflect, repair and make better choices, learning not just what to do, but why it matters. We believe in identifying the person behind the behaviour and in assessing the impact of our choices so we are empowered to assess our future decisions and effect more community focused decisions.

OUR SOAR PROGRAMME: STRENGTHS IN ACTION

Unique to Kingsley, the SOAR Programme helps students build confidence, optimism and resilience. This programme is based on Positive Psychology techniques and aims to equip students with the knowledge and techniques of a strengths-based approach to wellbeing.



Strengths

Identifying what makes us and others strong.



Outcomes & Optimism

Setting goals with a growth mindset.



Awareness & Attention

Developing mindfulness and emotional intelligence.



Resilience & Relationships

Learning to adapt and stay connected through challenges.

SOAR is fully embedded into our wider form-time programme, complementing our year-group wellbeing themes and helping students connect learning, wellbeing and purpose. In the Prep School, the programme is supported in an age-appropriate way by the colourful and inspiring Round Square Heroes.



“When I joined the school, the older students were very friendly and helpful. Everyone at Kingsley is so kind.”

Kian, Year 7

A WHOLE-SCHOOL COMMITMENT

Wellbeing at The Kingsley School is a shared responsibility. Every adult plays a part in the wellbeing of our students, and every student is encouraged to look after themselves and one another.

Together, we create a community where kindness, connection and courage thrive, and where every individual feels empowered to be their best self.

Our values of kindness, excellence, opportunity and community shape everything we do. They guide the way we learn, the way we lead and the way we care for one another. Through kindness, we show empathy and respect; through excellence, we strive to be our best; through opportunity, we explore, grow and embrace challenge; and through community, we strengthen the bonds that unite us.

Kindness is the thread that connects us. Through our Kingsley Kind ethos, we nurture empathy, compassion and a genuine sense of belonging. Whether through initiatives such as our 140 Acts of Kindness project to mark our 140th birthday, our structured wellbeing programmes or our daily interactions, we aim to ensure that every member of our community feels empowered to make a positive difference to themselves and to others.

Any questions?

If there are any questions about wellbeing at Kingsley,
please contact the following members of staff:

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