

Version – February 2026

Approved

Review – March 2028



Health and Wellbeing Policy

The British School of Gran Canaria

Contents

1. Rationale	3
2. Definitions	3
3. Scope and Application	3
4. Policy Aims	4
5. Key Principles	4
6. Roles and Responsibilities	4
6.1 Board of Governors	4
6.2 Head	4
6.3 Designated Safeguarding Lead (DSL)	4
6.4 Pastoral Team	4
6.5 All Staff	5
6.6 Pupils	5
7. Promoting Mental Health and Emotional Wellbeing	5
8. Pastoral Support Systems	5
9. Physical Health, Medical Care, and First Aid	5
10. Healthy Lifestyle and School Environment	5
11. Bullying Prevention and Positive Behaviour	6
12. Online Safety and Digital Wellbeing	6
13. Inclusion and SEND Wellbeing Support	6
14. Staff Wellbeing	6
15. Working with Parents and External Agencies	6
16. Monitoring, Review, and Evaluation	6
17. Related Policies	7

1. Rationale

The British School of Gran Canaria (BSGC) is committed to promoting and safeguarding the physical, mental, emotional, and social wellbeing of all pupils and staff.

We recognise that health and wellbeing are fundamental to academic success, personal development, and lifelong resilience. This policy reflects the school's commitment to:

- British Schools Overseas (BSO) standards
- UK safeguarding and pastoral best practice
- Spanish expectations regarding pupil welfare, health provision, and child protection

BSGC aims to create a safe, inclusive, supportive environment where every child is valued, protected, and able to flourish.

2. Definitions

All Staff – teaching and support employees of the school.

Board of Governors – the group that leads to school strategic direction, ensures financial stability and monitors compliance with Spanish and UK laws and educational directives.

British Schools Overseas (BSO) Standards – standards set by the UK Government to ensure alignment and comparability for schools outside the UK, with expectations and standards for UK school.

Designated Safeguarding Lead (DSL) – key person in school who leads safeguarding and the Safeguarding Team within the school.

Governors – members of the school's Board of Governors.

Head – head of the school

Line Managers – staff with responsibilities that includes health, safety and welfare of students and adults in different school sectors.

Pastoral Team – teaching staff within the school who provide pastoral support in terms of the care and guidance provided to ensure the emotional, social, and mental wellbeing of students, and lead the creation of a supportive and nurturing environment for their overall development. Includes Head of Students, Heads of Key stage in secondary, and each primary's leadership team.

Senior Leadership Team – school leaders that includes senior and middle managers across the school.

3. Scope and Application

This policy applies to:

- All pupils enrolled at BSGC
- All staff (teaching, support and administration)
- Governors
- Parents, carers, and external professionals working with the school

It covers wellbeing across all phases of school life, including:

- Curriculum provision
- Pastoral care
- Safeguarding systems

- Physical health and medical support
- Mental health promotion

4. Policy Aims

BSGC aims to:

1. Promote positive physical and mental health across the school community.
2. Provide high-quality pastoral support for all pupils.
3. Ensure early identification and intervention for wellbeing concerns.
4. Prevent bullying, discrimination, and harmful behaviours.
5. Maintain a culture of safeguarding, respect, and inclusion.
6. Support pupils in developing resilience, self-esteem, and healthy relationships.
7. Work collaboratively with families and external agencies in Spain and the UK where appropriate.

5. Key Principles

BSGC recognises that:

- Wellbeing is essential for learning and achievement
- Children thrive when they feel safe, supported, and respected
- Mental health is as important as physical health
- Early support prevents escalation of difficulties
- Strong partnerships with parents are vital
- Cultural awareness and respect for Spanish community expectations are essential

6. Roles and Responsibilities

6.1 Board of Governors

The Governors will:

- Ensure the school meets BSO and safeguarding standards
- Monitor wellbeing provision and policy implementation
- Support the Head in promoting pupil welfare

6.2 Head

The Head is responsible for:

- Overall leadership of health and wellbeing
- Ensuring staff training and consistent practice
- Creating a positive school culture

6.3 Designated Safeguarding Lead (DSL)

The DSL will:

- Oversee safeguarding and child protection procedures
- Coordinate support for pupils at risk
- Liaise with Spanish child welfare agencies where necessary

6.4 Pastoral Team

The Pastoral Team will:

- Provide emotional support and guidance
- Deliver wellbeing programmes and interventions
- Support pupils with anxiety, stress, or social difficulties

6.5 All Staff

All staff have a duty to:

- Promote wellbeing in daily interactions
- Identify concerns and report them promptly
- Model respectful, healthy behaviour

6.6 Pupils

Pupils are encouraged to:

- Seek help when needed
- Support peers respectfully
- Contribute positively to school life

7. Promoting Mental Health and Emotional Wellbeing

BSGC promotes mental wellbeing through:

- Personal, Social and Health Education (PSHE) curriculum
- Assemblies focused on resilience, respect, and healthy living
- Anti-bullying education
- Peer support and student leadership opportunities
- Safe spaces and trusted adults for pupils

The school encourages open discussion of mental health to reduce stigma and build awareness.

8. Pastoral Support Systems

BSGC provides structured pastoral care through:

- Form Tutors, Heads of Key Stage and Primary Class Teachers and Coordinators
- Regular wellbeing check-ins
- Counselling or external referrals where appropriate
- Support plans for pupils experiencing emotional or behavioural challenges

Early intervention is prioritised.

9. Physical Health, Medical Care, and First Aid

BSGC ensures:

- Qualified first aiders are available on site
- Medical needs and care plans are recorded securely
- Medicines are administered safely following parental consent
- Pupils with chronic conditions receive appropriate support

The school works in line with Spanish healthcare expectations and local medical services.

10. Healthy Lifestyle and School Environment

BSGC promotes healthy living through:

- Physical Education and sports programmes
- Balanced school meals and hydration encouragement

- Outdoor play and active breaks
- Education on nutrition, sleep, and wellbeing habits

The school site is maintained as a safe, clean, and supportive environment.

11. Bullying Prevention and Positive Behaviour

BSGC has a zero-tolerance approach to:

- Bullying
- Racism
- Discrimination
- Harassment
- Online harm

All incidents are addressed promptly in line with the school's Supporting Positive Behaviour and Anti-Bullying Policies.

12. Online Safety and Digital Wellbeing

The school recognises the importance of digital wellbeing and ensures:

- Pupils are taught safe online behaviour
- Cyberbullying is addressed robustly
- Internet use is monitored and filtered appropriately
- Parents are supported with guidance on digital safety

13. Inclusion and SEND Wellbeing Support

BSGC is committed to ensuring that pupils with SEND (Special Educational Needs and Disabilities) or additional needs receive appropriate wellbeing support.

This includes:

- Individual learning and wellbeing plans
- Emotional and social support
- Collaboration with external specialists

The school ensures full inclusion in line with BSO expectations and Spanish educational norms.

14. Staff Wellbeing

BSGC recognises that staff wellbeing directly impacts pupil wellbeing. The school promotes:

- A respectful and supportive working environment
- Access to professional support
- Workload awareness and staff voice
- Programmed health checks available in school

15. Working with Parents and External Agencies

BSGC values strong partnerships with families and will:

- Communicate openly regarding wellbeing concerns
- Offer guidance and support to parents
- Refer to Spanish health or child protection services when required
- Work with psychologists, counsellors, and medical professionals as appropriate

16. Monitoring, Review, and Evaluation

This policy will be:

- Reviewed bi-annually by the Senior Management Team and Governors
- Updated in line with BSO inspection requirements
- Evaluated through pupil voice, parent feedback, and wellbeing outcomes

17. Related Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Supporting Positive Behaviour Policy
- Anti-Bullying Policy
- Learning Support Policy
- Online Safety Policy
- First Aid Policy