

Quality of Life



Intent

Improving Quality of Life (QoL) is embedded in our ethos and culture and is driven by our mantra of 'becoming the best you can be'. We have a targeted and focused approach designed to improve Quality of Life for all members of our school community. We use the QoL framework as a holistic approach to improving the QoL of our students, their families, and the wider community. Key Workers work in partnership with individual students, and families, to create areas for focus which may include learning a new skill, or creating an experience.

Implementation

We provide individualised and group sessions designed to increase skills sets and lifelong learning opportunities linked to areas of our 24-hour curriculum.

Our students and their family's complete electronic questionnaires and this data is used to look how we can individualise support.

All our students have regular Key Worker sessions and staff use information from the questionnaires to plan targeted sessions focusing on improving their QoL.

There is a wide range of initiatives to promote and embed QoL within our school and families have opportunities to access different support days, facilitated by areas across the school including Psychotherapists/Occupational Health and Speech and language and Family Support teams.

There is targeted training for staff in school and curriculum drop down days which are focused around QoL activities.

All staff take part in a weekly QoL session to support their health and well-being.

There is a QoL leadership team in school with representatives from across all areas. staff have an 7am-7pm email curfew to support their well-being, with a focus on Work Life Brilliance! Our School Nurses play a significant part, and our occupational health nurse focusses on adults. The school invests in using external professionals to help support the whole school community and their families in their health and well-being within the community; one of these is Gareth Potts, a personal trainer.

Impact

Children and adults are listened to and sessions are personalised to meet individual need and aspiration, and a drive to improve health and well-being and Quality of Life.

There is a whole school approach to improving health and wellbeing within the whole school community and throughout our 24-hour curriculum.

The outcomes from the individual questionnaires are clearly documented in students' Progress Reviews and Key Workers can use this information to inform new targets around QoL.

The number of sessions accessed and engagement levels continue to raise.

We continue to monitor the impact upon staff attendance.

We continue to monitor the impact upon health and well-being.