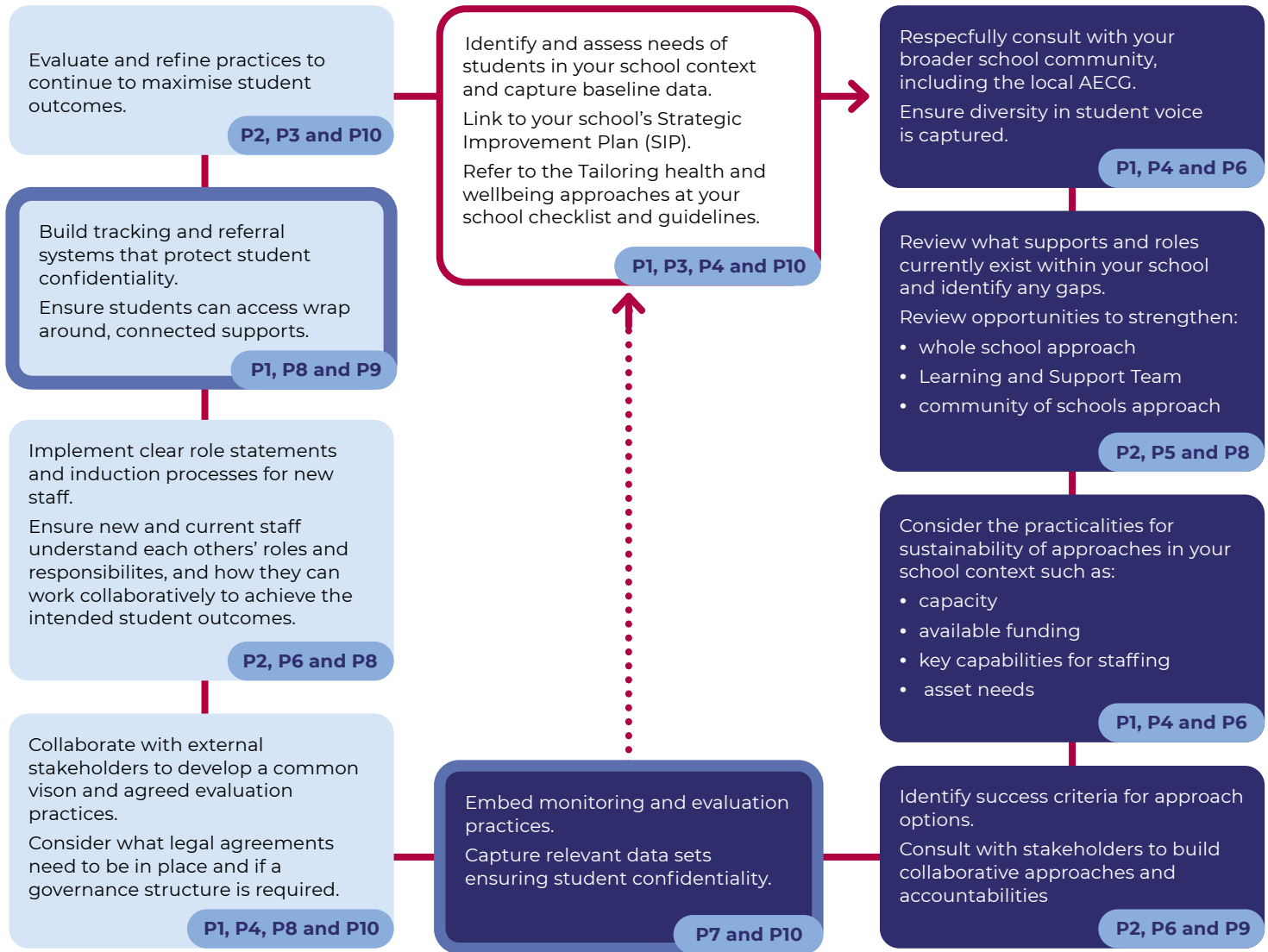


# Step by step guide - tailoring health and wellbeing approaches at your school



## Key

- Start here. Move clockwise to next step
- Suggested pathway for all approaches
- After considering practicalities and embedding practice, schools may consider that strengthening existing supports is the best way forward
- This may be the best point to implement your tailored health and wellbeing approach
- For schools who have identified a need for a 'School-initiated health and wellbeing alliance' (hub), these additional steps may need to be considered

The 10 key principles underpinning successful health and wellbeing approaches have been mapped into the Step by Step Guide:

- P1** - Student Voice
- P2** - Whole school approach
- P3** - Linked to school planning
- P4** - Acknowledges and respects local context
- P5** - Effective learning and support teams
- P6** - Capacity building
- P7** - Fit for purpose and culturally safe spaces
- P8** - Clear roles, responsibilities and legal agreements
- P9** - Continuity of support
- P10** - Evidence-based approach is embedded.