

WELLBEING AMBASSADOR	
MODEL	Attend monthly meetings with Student Health & Wellbeing Coordinator and Wellbeing in Mind team.
MODEL	Assist with organising wellbeing events such as themed weeks, mindfulness sessions, or charity fundraisers and attend where needed.
INSPIRE	Promoting positive mental health across the school through campaigns, posters, and assemblies.
INSPIRE	Promote the importance of KJS having wellbeing ambassadors to other students by demonstrating the benefits of speaking up and sharing ideas, and giving feedback on ideas discussed and actions taken following any questionnaires/meetings.
CHALLENGE	Collaborating with other student leaders, Working with school council members to include wellbeing topics in school improvement plans.
CHALLENGE	Being a known and trusted face around school, Building positive relationships with students across year groups so younger pupils feel comfortable approaching them. In times of distress, they can calmly support the student and help connect them with an appropriate adult, such as a teacher, pastoral lead, or safeguarding officer, without speaking to the student directly about their concerns.
ENABLE	Creating wellbeing resources like newsletters, tip sheets, or social media posts
ENABLE	Work with staff to share student voice on wellbeing and suggest improvements.
ENCOURAGE	Encouraging physical wellbeing, Promoting healthy habits like regular exercise, hydration, and sleep through posters, events or challenges.
ENCOURAGE	Help encourage more students, from years 10-13, to take on this role within the school by speaking in the start of year assemblies about the opportunity.