

# Wellbeing



## What is wellbeing?

Wellbeing is defined by the Oxford English Dictionary as “[the state of being comfortable, healthy, or happy.](#)”

However, it is important to realise that wellbeing is a much more than moment-to-moment happiness. While it does include happiness, it also includes other things, **such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel.**

## Our wellbeing is affected by everything we do



Miss Irvine is the Principle teacher of Wellbeing within the school, and is supported by the Pastoral team, Miss Reid, Yann Cohen (school councillor) and all other teachers and staff within the school. Our Wellbeing Ambassadors also play a large role in promoting wellbeing within the school.



Our Junior Ambassadors are: Amy Scott, Madeline Starr, Eilidh McCormack, Lilia McNamara and Macey Frame.



Our Senior Ambassadors are: Jessica Easton, Iona Barclay, Declan Ferguson, Ebony Clarke, Craig Allan, Mitchel Sinclair, Lucy Flinn, Niomh Myres, Caitlyn Watterson and Tegan Myres

Look at the 5 headings below, think about the things you do to care about your wellbeing. Use the headings below to help you work on your wellbeing.



At Ardrossan Academy we have lots of ways we work on our wellbeing:

- Active Days
- Wellbeing Week
- S1 Wellbeing Day
- Kindness Notes
- School Wellbeing Ambassadors
- Regular competitions and activities to get involved in

- A variety of extra-curricular clubs
- Mental Health Awareness Week

Go to our school wellbeing website to find out more about the activities and events we do at Ardrossan Academy to look after our wellbeing. <https://ardacadwellbeing.weebly.com/>