





Introduction from the Principal

At Bolton College we aim to support our learners to develop the understanding, skills and behaviours to lead Zi ```]b[žk cfh\k \]'Y UbX\Uddm`]j Yg"; ccXk Y``VY]b[underpins successful learning and supports progress to Zi fh\Yf"YUfb]b[UbXYa d`cna Ybhgc ci fk \c`Y'7c``Y[Y' approach aims to provide the best possible experience Zcfci f"YUfbYfgUbXghJ "5 Wta dUb]cb DYcd`Y GrfUhY[m]g"]b d`UW'h\fci [\ci f'<F 8YdUfha Ybh"

Leadership

- ... H\Y'K Y``VY]b['G\YYf]b['; fci d']g``YUX]b['\\Y' development of wellbeing strategies across the 7c``Y[Y"
- ... H\Y'7c``Y[Y']g'U'g][bUrcfm'rcž'UbX']bZcfa YX'Vmžt\Y' Association of Colleges (AoC) Mental Health Charter flk k k "UcVWvt"i _# `Yg#UcWa YbhJ'! \YU'h\! UbX! k Y``VY]b[! VXUfhYfdXZt"
- ... H\Y'Df]bV]dU'7\U]fg'h\Y'5c7; fYUhYf'A UbVXYghYf' f;| A E<YU'h\/ 'K Y'`VY]b['Dfc'YVh'; fci d'''

- ... K cf_WcgY`mk]h\ ci f'dUfhbYfžh\Y`l b]j Yfg]hmcZ6c`hcbž hc'Ybgj fY'h\Unci fk Y``VY]b['ghfUhY[]Yg'UfY'U`][bYX"
- We continue to participate in the AoC Mental Health
 UbX'K Y``VY]b['Dfc YVMZcf'; A ž]bWi X]b['g\Uf]b['[ccX'
 dfUMMW cb VY]b['U'hfUi a U']bZcfa YX'cf[Ub]qUh]cb"
- ... HNY'7c``Y[Y'U]a g'hc'VY'H'Ui a U'\(\frac{1}{2}\)Zcfa YX'Vm'&\\$&\\
 k]h\'U``ghU 'hfU]bYX'cb'579'Uk UfYbYgg''\(\frac{1}{2}\)UXX]h]cb\(\frac{1}{2}\)
 Mental Health First Aid training will be rolled out
 U\(\frac{1}{2}\)Cgg'7c``Y[Y''
- ... K Y``V']b[k]``VY Ya VYXXYX]bhc _Ym7c ``Y[Y'dc `) MygUbX` procedures including teaching, learning and assessment standards, the strategic planning of curriculum and dc`] Mygg ddcfh]b[ci fgtJ "'
- We will ensure that learners are provided with cddcfh b]h]Ygh\fci [\ci hh\Y]f YUfb]b['ci fbYm'c fY YWicb UbX Yb\UbW'h\Y]fk Y `YY]b["\(\text{UbX}\)]h]cb hc their learning programmes we will provide learners Ua Ybi cZUM]j]mUbX g ddcfhVUgYX cb h\Y B < G) steps to Wellbeing: Connect, Be active; Keep learning;]j Yhc ch\YfqUbX 6Y a]bXZ `"</p>
- ... H\Y'7

Transitions

- ... @/UfbYfg]XYbh] YXk]h\ guZY[i UfX]b[bYYXgza YbhU \YUh\ bYYXgUbX looked after children are supported with their transition into College and VYgdc_YdUW_U[YgUfY di h]b d'UW hc gi ddcfhh\Ya "
- ... @/UfbYfgk]h\ \][\ bYYXg'UfY'g ddcfhYX]bhc 7c``Y[Y'Zfca 'mYUf'%\$']b' \
 `]UJgcbk]h\ h\ Y'@WJ' 5i h\ cf]m'i5 hfUbgjh]cb d'Ub]gXYj Y'cdYXžYb[U[]b['all relevant partners, and bespoke support is put in place for each 'YUfbYf"
- ... @YUfbYfg]XYbh] YX'UgfYei]f]b['UXX]h]cbU``YUfb]b['gi ddcfhk]```\Uj Y' U'dUW_U[Y'di h]b'd'UW'h\Uha Um]bWl XY']b! WUggig ddcfh/U'a YbHJ' health support mentor, access arrangements for exams; and referral to UXX]h]cbU'a Uh\g'UbX'9b[`]g\'gi ddcfh'
- ... 5``%'!% "YUfbYfgcbjcWhjcbU'dfc[fUa a Yg\UjY'U"YUfb]b['XYjAY'cdac\(Ufbe Ybhcff@8A kk\cgiddcfhgh\Yaiddghdfhi A

Promoting Wellbeing

- ... 7c``Y[Yk]XYYj Ybhgʻgʻ W. 'Ug: fYg\Yfg: U]f/8]j Yfg]lmi 8Unž8YUZ5k UfYbYgʻK YY_žFYZ [YY'K YY_1 ? 'UbX' Mental Health Week promote a sense of wellbeing and belonging for all members of the College Wa a i b]lmi
- We provide opportunities for learners to engage in gcVJU UMJcb dfc YVVg
- €CWU WMJcb]gUVci hdYcd Y Wa]b[hc[Yh Yfhc help improve their lives and solve the problems that UfY]a dcfhUbh]b h Y]f Wa a i b]h]Yg CcWU WMJcb can empower communities (and) help people in bYYX"HJ_]b[dUfh]b gcWU WMJcb]g UggcWJUhYX k]h higher levels of wellbeing, and can improve people's Wb XYbW UbX g_]`g', fil cj Yfba YbhDc]WhDUdYf ≯ m % h &\$%* Ł"



- Better promote wellbeing activities and support Uj Uj UV Y hc "YUfbYfgUbX ghU "]bWi X]b[cb`]bY]b h\Y WtbhYl hcZ7cj]X %
- ... 5```YUfbYfgk]``\UjYh\Ycddcfrib]mhcfY YVMicb'h\Y]fkY``VY]b['UgdUfhcZ]bXi Wf]cb'UbXk]``VYbY h'Zfca 'Ub'Yb\UbWXYbf]W\a Ybhc Yfhc'UXXfYgg'UgdYVfgh\Ymk]g\ hc'XYjY`cd"KYk]``i gY'U'gcV]U''dfYgW]V]b['a cXY`hc'gi ddcfnh\]g''
- ... C Yfk Y``VY]b[Ybf]W\a YbhUVV|j]h]Yg'UbX fYgci fW'g hc ci fWta a i b]lm`YUfbYfg'
- ... 91 hYbX'h\YW'YVfUh]cb'cZK cfX'A YbhU'<YU'h\'8Um'Ug' UWfcgg'7c``Y[Y'Yj Ybh'
- ... 9b\UbWih\YifUb[YicZkY``VY]b[i7D8icddcffib]h]YgiZcfiqhU "



- Our tutorial curriculum promotes positive choices,
 \YU'h\ UbX'k Y``VY]b[\(\tilde{z} \) bUbW'g\(\tilde{z}'ff' \) Uh]cbf I g'UbX'V\(\tilde{y} \)]
 Yb U[Ya Ybh\(\tilde{z}'ff \) hU gc
 - a YbHJ`\YUH\`UbXkY``VY]b["

Supporting Learners

- We provide targeted support for learners YI dYf]YbVJb[bYYX ZcfUj Uf]YmcZfYUgcbg]bWl X]b[those needing additional learning support, those with gdYVJU YXi VUh]cb bYYXgUbX X]gUV]]mmfG9B8Ecf\][\ needs; learners with safeguarding concerns; those k\c\Uj YVYYb gi VYVJhc Vi `m]b[UbX\UfUgga Ybh/ learners experiencing forced marriage; victims of domestic violence; learners with drug related issues; those with welfare concerns such as homelessness; looked after children and learners with anger a UbU[Ya Ybh]ggi YgUbX'ch\Yfg"
- Dedicated counsellor services, available to learners UbX 'ghU "
- ... Ci f`YUfbYfg'UfY gi ddcfhYX VmU'bi a VYf'cZhYUa gi across College including LDMs; mentors; learning gi ddcfhk cf_Yfg/gUZY[i UfX]b[c Wfg/h\Y hfUbg]h]cb' hYUa UbX'h\Ya YbHJ`\YU'h\ hYUa "
- ... G ddcfn[fci dgA]bXgYhUbXH\YHJ_Yfg 6fYk \Uj Y VYYbYgHUV]g\YXZcfWta a i b]lmYUfbYfg]b ci f\i Vg'

- ... A cj Y h\ Y ZcW ghc dfYj Ybh]cb VmYbgi f]b[ghU UfY signposting learners to services such as counselling UbX Ub[Yf a UbU[Ya YbhUgdfcV Ya g'UfY]XYbh] YXZ fUh\ Yf h\ Ub Uhh\ Y dc]bhcZX]gWd`]bUfmUM]cb cf Wf]g]g point, for example suicidal ideation
- ... 9ghUV`]g\`dYfgcbU`XYj Y`cda Ybh[fci d'k cf_' opportunities for learners in line with the anger management model, which has been successful in g' ddcfh]b["YUfbYfg"
- ... Dfcj]XY'Uk YY_`mdfc[fUa a Y'cZYj Ybhg'U]a YX'Uh' developing resilience and wellbeing in learners,]b]h]U`mZcf'h\cgY'k]h\]XYbh] YX'a YbhU`\YU'h\]ggi Yg'
- ... : i fh\YfXYj Y`cd'gi ddcfh[fci dg']b'ci fWta a i b]hm \i Vq'



Learner Voice

