

# **Burraton C.P. School**

## **Emotional Health and Wellbeing – Criterion 5**

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**Healthy School Validation 2003**

### **School details and context.**

Burraton is a large suburban school on the eastern edge of Saltash with 428 pupils on roll. The school has a single age group, 2-form entry. It has a special unit/area resource base for 10 pupils with severe and complex learning difficulties. The school was built in 1972 and was extended in 1991. It serves a large new housing estate with pupils mainly from owner-occupied homes and some council/housing association/forces rented properties.

### **How the Need was identified?**

Becoming part of the healthy schools programme followed on from the developments of the PSHE curriculum and schemes of work using curriculum 2000. It was pursued once there was commitment given to support the scheme following staff/governors and parent consultations. Undertaking the healthy schools scheme was a response to a long felt need to have a focus on health in the widest sense of the word and to provide opportunity for pupils to develop as good citizens.

In response to a parental questionnaire to assess local needs that was analysed, issues came to light that were dealt with as part of our Healthy Schools scheme.

### **Chosen Criteria.**

We chose Criterion 5 Emotional Health and Wellbeing.

### **Steps taken to meet the criteria.**

- A questionnaire was used to assess local needs.
- Staff health was seriously and carefully considered.
- Teacher questionnaires and reflection time.
- Inset day used for refreshment.

- Development of pupil responsibility as good members of their school community
- Promoting Effective Parenting meeting for parents on drug awareness.

## **Burraton CP School**

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#### **Who was involved in the process**

All members of school, children, staff, parent's governors and members of the wider school community.

#### **Outcomes**

##### **a) Water Bottles.**

Children were encouraged to bring water bottles to school and keep them on desks throughout the day. This has been a successful initiative with concentration improving considerably especially during afternoon sessions. It has also had a significant reduction on the number of children complaining of headaches during the afternoon. Staff have participated in this initiative too.

##### **b) Support Agencies.**

Parents indicated that they were unaware of support agencies available to them both locally and nationally. As a result, school newsletters now include a section on contact numbers for support agencies.

##### **c) Promoting Effective Parenting.**

Some of our Healthy Schools budget has been spent on becoming a member of PEP. In an effort to support our parents in the raising of their children we have run one evening session on drugs and have three further sessions planned. One of these is designed for parents to assist their children in developing the skills for coping with bullying, as this was also an area highlighted by parents as an area of concern. Other workshops planned include healthy eating and dealing with Challenging Behaviour.

##### **d) Giving Children a Voice.**

A major Healthy Schools aim for us was to give our children a voice within the school. To this end, we spent a term training our children to participate effectively

in circle time and class councils. A school council system has now been developed with class representatives meeting once fortnightly to raise class issues, discuss and make decisions. The council has a budget available and already improvements to the school are underway. The council has asked for the upper junior toilets to be improved with larger doors with better locks being installed. Storage space has been created for the reception children who requested it for their larger playground toys and a Buddy System is soon to be developed to allow older children to mix and socialise with younger ones.

### **Burraton CP School Continued...3**

#### **e) Developing the Teaching of PSHE and Citizenship.**

In response to a staff audit on the teaching of PSHE and Citizenship, various training sessions have been set up as both INSET and staff meetings in order to support staff in the teaching of those areas in which they felt less confident. Circle Time training by members of the University of Plymouth and drug education by the local constabulary has been well received, as was an input by David Hampshire. Governors too have been audited and training sessions have been carried out in an effort to develop their understanding of the PSHE and Citizenship curriculum within school. Monitoring of the subject is taking place and assessment techniques are being developed.

#### **f) A Boost For the Staff.**

Part of our Healthy Schools budget is to be well spent in providing an 'off the premises' INSET day for teachers. The day is to be spent at Trelaske Country hotel. The focus for the day is to be staff emotional health and well-being and will include an afternoon session by Angela Royle on Tension Tamers.