

# **Callington Community College**

## **Health Related Exercise - Criterion 7**

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<b>Healthy School Validation:</b>	<b>2000</b>

### **School Details and Context**

Callington Community College a mixed comprehensive with 1,200 pupils from age 11 - 19. It is a designated sports college.

### **How the need was identified**

Following a complete audit of the health provision in the college we chose to concentrate on health and fitness for our first project. This linked in well with our sports college bid and enabled us to investigate, in depth, the attitude of young people to sport and the use of our fitness suite. As it is very difficult to separate exercise and diet we found that we were tackling both things at the same time. This coincided with a wish to take control of our own catering services and to offer healthier eating options to our young people.

### **Steps taken to meet criterion**

To achieve the aims of improving take up of fitness activities and healthier food options we pursued several lines. A consortium was formed with some of our feeder primary schools to provide healthier food options and a range of new sporting activities were introduced to the college, with improved access for staff and students to the fitness suite. Sixth form students became basketball coaches and visited the primary schools to work with the pupils there as well as in our own health centre.

Health and Social Care students undertook health promotion work on food and fitness with the primary schools and our lower year students did the same within the college. There activities were times to coincide with the launch of our own catering services.

## **Health and Safety - Criterion 8**

### **How the need was identified**

It is our policy to try to improve on one of the criteria for Healthy Schools each year so the second year we worked on safety.

### **Steps taken to meet criterion**

An audit of the site was carried out and a variety of safety measures were implemented, mostly concerned with movement of pupils. The sixth form students all undertook a course

in driving safely, on the premises, and now have to apply for a permit to bring vehicles on site. Selected Health and Social Care students became trainers in basic Life Support and have since trained over 400 people, in college and in the community, in basic life support techniques.