

# Halwin School

## Substance Use and Misuse – Criterion 4

**Co-ordinator:- Debby Aistrup-Brown**  
**Contact Number:- 01209 860329**  
**Healthy School Validation 2003**

### **School details and context**

The school has just over 100 pupils in 4 classes from reception to year 6. Halwin is situated on a wild and windy hillside between Carnkie and Porkellis. Pupils come from a wide area, usually arriving by bus or car, with a few cycling or walking to school.

### **How the Need was identified.**

We used the staff meetings completing the whole healthy schools audit, which took some doing. However, it was really worthwhile because it showed us where the gaps were. It was difficult to decide on our priority, but as our 'drugs' policy was dated and our PSHE scheme of work needed implementing properly, we narrowed our choices down to a couple of criteria. Then the opportunity of trialing the 'chess' (PSHE) pack arose, which gave us a whole school approach to substance use and misuse, so we decided to help Felicity Holt (CHESS coordinator) and help ourselves at the same time

### **Chosen Criteria.**

Substance use and misuse.

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

- Updated 'substance use and misuse' policy with help from Janet Cox.
- Wrote and implemented a race equality policy.
- Wrote a procedure for visitors to school.
- Completed and analysed children's responses to health questionnaire to inform curriculum planning.
- Smoking questionnaire sent home to parents. (Taken from 'DIPSI' pack) and results analysed by Y6.
- Aggressive visitors policy drafted.
- Diploma in health and safety training undertaken by all staff.
- Healthy School Team formed and regular meetings held.

- All Healthy School training days attended by co-ordinator.

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- 'Tension Tamers' (stress management training) held in school for all staff – led by Angela Royle.
- 'Drugs' advice leaflets to parents/carers sent home.
- Help line numbers displayed in all classrooms and entrance lobby. Copies sent to parents.
- National no smoking day (in March) promoted with an in-school display and leaflets sent home.
- Child safety information (from practical pre-school sent home to KS1 Children.
- British heart foundation activity sheets given to every child, relevant to their age.
- Pupils encouraged to join the 'Artie Beat' club (run by B.H.F.)
- Jump rope for heart sponsored skip for B.H.F.
- Russian circus clowns Yuri and Tonya spent a day in school teaching skills, and promoting a no smoking message.
- A 'buddy' system of playground friendship set up and running.
- 'CHESS' scheme of work trial led in school at all ages (PSHE scheme with 'Drugs' focus).
- Thousands of yellow pages collected for recycling (we had the 2<sup>nd</sup> highest amount in our area).
- All pupils and staff trailed coins around school to raise money for red nose day.
- PSHE/Cit implemented through 'circle time'.
- A new 2 year rolling programme for PSHE/C to be adopted from Sept 2003.
- A school council set up with members from Y1 up to Y6.
- Recycling – paper and can banks set up, money raised goes to friends of Halwin.
- Inkjet cartridges also collected for recycling (The 'deafblind' charity benefits).
- Use of Health Promotion Library was an invaluable source of resources

**PLEASE NOTE.** Although some of the above may not related directly to 'substance use and misuse', we feel all were relevant in order to raise healthy awareness, and to promote a sense of pride and pupil self esteem, which are key elements when dealing with any aspect of PSHE

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

The whole school, our 'healthy schools team' made up of co-ordinator, teacher, head teacher, pupils, parent, governor, classroom assistant, teaching and non-teaching staff and pupils), parents, governors, health promotion advisors and the health promotion library services.

### **Outcomes/Impact on pupils and the wider community.**

Pupils have developed a very positive attitude to all aspects of health and have been keen to take part in all activities. Pupils and parents alike have become more health conscious in many ways, taking our ideas and suggestions

seriously. Everyone linked in any way to school has been thrilled at our accreditation to the healthy schools status.