

St Breock Primary School

Emotional Health and Wellbeing – Criterion 5

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Healthy School Validation	2003

School details and context

St Breock school is a new school and has a mixed catchment area including both the urban and rural community surrounding the large market town of Wadebridge. There are approximately 170 pupils on roll.

How the Need was identified.

The first thing we had to do was set up a school council so that we could take account of the views of the children. Children from the school council, together with staff, identified the needs for the school.

Chosen Criteria

Although we chose Sex and Relationship Education. We realised that as a new school we also wanted to focus on a wider range of issues which encompassed the emotional health and wellbeing of pupils.

Steps taken to meet the criteria.

- Established a school council, comprising two or more children from each class. At least one boy and one girl from our current six classes take part in fortnightly meeting with the Headteacher. Each child is rewarded with a badge in the colour of their house team so that other pupils are aware of their role.

The roles of the council are:

To choose a Key Stage 1 and Key Stage 2 Healthy Eater each week on a rota basis

To empty, read and discuss how to act upon comments made in the suggestions box

To make posters which encourage a healthy approach to life

To read publications concerning Healthy Schools

To represent the voice of the children and be on hand to receive ideas and views, be it verbal or written

- Contact formed with Wadebridge Community School. This has ensured that our Sex & Relationships and our Drugs Policies are consistent and support each other. We have considered how Year 12 and 13s could support the delivery of PSHE to Years 5 and 6. Two members of staff have visited the Health Resources Centre in Pool and checked the availability of equipment, books, posters and leaflets.
- We have written new "School Promises" with the help of staff and pupils. These are displayed in each classroom and in the playgrounds. Each Friday we have a special assembly in which

A star of the class is elected by teaching staff and

A star of the playground is chosen by the lunchtime supervisors

We have made badges which reflect each of our promises and the child receives a purple background to show star of the class and a green background for the playground. The promises are:

Look after and respect all things

Be gentle

Be kind and helpful

Work hard

Be polite and listen

Be honest

In addition to weekly badges, which are returnable, the child receives a certificate praising their achievements. They can keep this memento. Each star of the class and playground is recorded in a book which details each school promise.

At the end of each half term every class elects one male and one female member who they feel has adhered to the promises the most vehemently. These children are chosen in Circle Time when all children select the children they believe worthy of the award. In the Year 2 class this has proved to be a most rewarding time and encourages the children to really think about their classmates. This

Circle Time is one of the best times for the children to be honest and open about their feelings. We have been in awe of their maturity and openness.

The elected male and female are rewarded with a specially produced certificate showing the school in the background.

Healthy Eaters are rewarded with a badge made by members of the School Council. The school has encouraged a "fruit only" approach during playtime. Fruit winders and cereal bars have been permitted, although a discussion with Year 2 children showed that they should be confined to the packed lunch box. The children have adopted the healthy snack approach very well and this has led to a reduction in litter.

To encourage healthy eating a Healthy Tuck Shop have been established, selling a range of apples, bananas, carrots, raisins, juice and (for the moment) cereal bars and fruit winders. Classroom assistants have been running the shop and we are encouraging Year 6 children to help with the task in order to reduce the length of queues. Healthy tuck is so popular !!

- Compost bins have been provided in the Key Stage 1 and Key Stage 2 areas for the collection of skins and peels. The School Council members have been ensuring that no other litter goes in these bins.
- Playground equipment bags for each playground have been established by the PE co-ordinator. Each week he monitors the return and condition of equipment. If the contents appear the same on Fridays as they are at the start of the week then each Key Stage receives a new piece of equipment. Sponge balls and sharing of resources are issues which still need to be addressed.
- **Playground Friends:** children from Years 4,5 and 6 have been interviewed and selected for the job of playground friends. They have a cap, badge and band to show their role. Their role is to encourage games and fair play. The friends work on a two week rota.

Water bottles on tables have been established in Years 2, 3, 4, 5 and 6. Foundation and Year 1 have cups which children can access when they need to. The children have used the bottles with respect and they have not proved to be overly distracting. Water has been very useful after PE and when a child is suffering from a cough etc. the children are taught the value of drinking water and we believe that they are increasing their daily intake significantly as the presence of a bottle in front of them reminds them to drink.

- **Reading Partners:** each child has a partner, usually of a different age, with whom they meet each Friday to share a book. During this time the class teacher encourages the pairs to talk about their favourite book, colour, experiences and then report back to the others. At Christmas the partners are taught the value of giving as they present each other with a small gift.

- **Circle Time:** this has become a much more prominent feature of each class and it is now a timetabled session. Teachers use this time to discuss "School Promises", playground issues, the selection of half termly pupils (see above) and other topical themes. Money was invested at the beginning of the academic year, when all teaching and non-teaching staff attended the INSET day about Circle Time with a representative from Jenny Mosely Associates. We all felt very inspired and this has led to Classroom Assistants confidently leading Circle Time sessions.
- **Eco Committee:** an adult committee has been established for over two years and staff feel that a pupil council should now be formed. Sessions will be led which address issues such as healthy eating, water, pollution etc. there will be many links between the aims of being a Healthy School and achieving Eco-status.

Who was involved in the process?

Staff, children, governors and parents have all played their part.

Outcomes/Impact on pupils and the wider community.

Working towards healthy school's status has raised the awareness of the whole school community. Ideas have snowballed with initiatives covering a range of the criteria.