

St. Wenn School

Health Related Exercise - Criterion 7

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Healthy School Validation 2004

School Details and Context

A small rural primary school of 31 pupils. The school is located in St. Wenn approximately 5 miles from Bodmin and Wadebridge. School is a large part of local community and focus.

How was the need identified?

Need was identified through questionnaire filled in by teachers, parents and pupils.

Chosen Criteria

Criterion 7 - Health Related Exercise

Steps taken to meet the criteria

1. Skipping workshop organised for pupils, teachers and parents.
2. Linked to purchase of Huff & Puff equipment for break time and lunchtime (funded from awards for all grant)
3. Water bottles and chillier purchased for staff and pupils.
4. Purchase of pulse rate monitors and other cross-curricular health resource.
5. Dance club started, run by parent for all primary children.

Who was involved in the process?

Children, parents, staff, governors. Healthy school steering group set up with health professionals such as school nurse on group. Also children elected to put forward children/ideas and report back to all pupils.

Outcomes/impact on pupils and the wider community

More awareness, understanding of importance of physical activity. Healthy schools steering group - pupils feel part of the whole process by having elected members to voice their opinions and report back. More clubs, activities and range of equipment for sporting activities has increased. Pupils are also more aware of the effect of exercise in the body.