

# Truro High School

## Emotional Health and Wellbeing - Criterion 5

**Co-ordinator:-** Lynn Green  
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**Healthy School Validation** 2003

Truro High School is an independent girls' school in Truro city centre. It has 450 girls on the roll from age 3 - 18. There are 80 boarders, with 40 from overseas. The catchment area covers all of Cornwall including Liskeard, Wadebridge Launceston and Penzance. There are problems with after school activities because of travel so lunchtimes are very busy. The resident school nurse is very involved in PSHE delivery. There is a set PSHE lesson of 40 minutes for every class each week.

### How the need was identified

We used the questionnaire provided in the Healthy Schools pack. It was given to one form in each year of the senior schools Year 7 to Year 11 as a representative cross section. It took a long time to mark and collate but this work was carried out by the ICT GCSE and maths groups as part of their statistics course. It provided useful feedback. It would have been nice to have another questionnaire for use with the 6<sup>th</sup> form.

The prep school set up and used a school council to identify needs. The senior school already had a school council (it meets twice termly) so we set up a Healthy School's forum including student volunteers from across the years, two governors, the Headteacher and six volunteer staff. This was an excellent way of discussing needs and it also met twice each term.

### Steps taken to meet the criteria

- Pots of plants have been placed around the school
- A new ecology garden has been created to relax, play and learn in.
- The Healthy Schools forum and the school council have been used to voice opinions.
- There have been "Healthy Days" for the prep school and fun days, including inter-house competitions such as comedy shows, silly sports, jelly/welly walks
- Years 7-9 enjoyed the Cascade Theatre company on drugs and assertive behaviour.
- The Samaritans provided a very good booklet about stress management.
- There have been sessions on making healthy sandwiches
- Break time snacks include healthy ones

- Logo competition for Healthy Schools Scheme
- Fundraising to buy play equipment and fancy dress fundraising in the town centre as well as a "Pink Day" fundraising for breast cancer. All ages took part in the "Race for Life" to raise money for charity (run by Tesco)
- Selected pupils took part in Common Purpose and Y9 participated in the "Your Turn" series of meetings around the county relating to citizenship

### **Impact on pupils and the wider community**

The fund raising for charity (£3,500) raised the girls' awareness of other people's needs. Still need to develop more local work within the community. Some of the Duke of Edinburgh girls do this already by visiting the elderly but finding the time is a problem.

Pupils appreciate the improved opportunities to voice opinions and see their ideas put into practice.

We did not meet the staff needs re stress levels very well but this is ongoing. A stress management booklet is being produced, there will be a training day on stress management and staff are being encouraged to take part in swimming and use the weights room and running equipment after school.