

# Werrington School

## Health related exercise Criterion – 7

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**Healthy School Validation 2004**

### **School Details and Context**

small school approx. 32 children. 2 – 3 miles outside Launceston, small hamlet, attracting children from a wide surrounding area. Have a toddler group 1 day a week (Thurs am)

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

As we were having changes to the school building, e.g. new hall, we decided to focus on healthy related exercise. It fitted in with recent events such as raising money to buy playground equipment by a sponsored run around school by children. Children have been included on the steering group. we felt that with all the changes, i.e. expansion, this would be good to bring the school together and focus on improving ourselves.

### **Chosen Criteria**

Health-related exercise (to involve the community in school life).

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

Raise awareness to parents and children of the benefits of exercise. New hall – open morning – new PE equipment. Children involved in choosing playground games. Involving the community more in the school, e.g. after school clubs, toddler group, possible living out of hall, library or computer room.

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

All staff in school, pupils, parents, governors, school nurse, hand washing team, various agencies and David Hampshire.

### **Outcomes/impact on pupils and the wider community**

More awareness of issues related to health and improving their lives, for example, where to go for advice on bullying, drugs advice. Improved resources for PE and other areas, e.g. library, computer room. Opportunities for after school clubs such as 'funball', craft club.