



Weeth Primary School

Healthy Schools Plus Case Study

Weeth Primary School is a small primary school of approximately 155 pupils aged from 4 to 11. We are situated on the outskirts of Camborne town.

Our Aim

To help us achieve our Healthy Schools Plus status, our school chose to focus on "Healthier Weight" as we felt we needed to increase the physical activity clubs that are offered and taken up. The aim of this task was to increase the number of children attending active after-school clubs as well as increase the number of children undertaking the cycling training and award programme "Bikeability".

What did we do and how?

We started quite simply by asking the children, through the school council and hands-up surveys, what types of after-school clubs the children would like to have available to them at Weeth School. We had a very successful after-school cross country club which was offered to the children and their parents. This club ended when the teacher running it moved to Canada and we

needed something that would entice and engage both younger Key Stage 1 children as well as the older Key Stage 2 children.

The children at Weeth decided that the school should offer a "Glee" style singing and dancing club. We started to offer this club at the beginning of January this year, being run by the choir teacher and a teaching assistant who has training in dance.

"Gleeth" is born!

We first advertised the club as Weeth's very own singing and dancing "Glee" and asked children to sign up - no audition necessary!

It was an immediate success. We enlisted 45 children, their ages ranging from 4 to 11. The children decided to start by using the Glee song "Don't stop believing". We had already used part of this song for our Wake and Shake sessions after assembly in the mornings. So off we danced and sang! The whole group decided on a set list, which comprised songs and dances from the popular show Glee. They also decided that they wanted to include songs from musicals, so they added Consider Yourself from "Oliver" and Bad Guys from "Bugsy Malone".

After a six-week trial the after-school club was still extremely popular. We had one issue though. The younger children were tired after an hour, but the older key stage 2 children wanted to keep on dancing. We offered a 45 minute extension to the session to the older children to incorporate more dancing and more exciting routines.

So far, we have danced and sung our way through a large variety and tempo of songs which include Sweet Caroline, Halo, Walking

on Sunshine, Ain't No Mountain, Ice Ice Baby, Consider yourself and the most popular of them all - Bad Guys. The children really enjoyed pretending to be child gangsters and having lots of fun dancing, singing and falling to the floor in a heap afterwards!



Some of the "Gleeth" cast

Bikeability? we certainly have it at Weeth School

Our "Bikeability" program was a big success this year. We had 19 children take part and learn how to ride a bike safely in and around our local area. It also showed the children the importance of having the correct sized bike as well as making sure they have a well maintained bike. They also understood why using the correct safety equipment and helmets, is so important. Most of the children that took part passed the course, receiving a level 1 or a level 2 certificate. Some children will be continuing the "Bikeability" course next year. We are using some of our Healthy

Schools Plus funding to provide bike storage units for our children to store bikes and scooters safely and to encourage them to ride to school more. We will certainly be offering the "Bikeability" course to children again next year.



Weeth school's "Bikeability" participants with their badges and certificates

How will we continue?

We are continually looking at ways to improve our school and make it a more healthier one. We are currently improving the packed lunches children bring into school by audits and surveys with the plan to introduce a lunchbox policy as well as providing more relaxed and comfortable eating environments within the school. We will to continue to liaise through the school council so that the children get to vote and have their say on what activities and clubs they would like to see happen and have access to in the future.