

## Marlborough School Healthy Schools Plus Case Study

Marlborough School is a community primary school administered by Cornwall Local Education Authority and situated in the Swanpool area of Falmouth. There are seven single-age classes and a total of 210 pupils, aged from 4 to 11, on roll.

Our school motto is - 'A Rising Tide Lifts All Ships'

We embarked on our Healthy Schools Plus journey in April 2009. We wanted to address the need, as a school priority area, of childhood obesity and Emotional Health and Wellbeing. These are also National and Local priority areas. We planned to focus on making improvements to and developing, the Pupil Parliament as an overall contribution to pupil wellbeing and its consequent impact on learning. Alongside this our SENCo was involved in using TAMH's data and her tracking to provide targeted help to pupils in Challenging circumstances. Our SENCo was a valuable member of staff to work with on our Healthy Schools Plus journey as there were areas of work which overlapped and it made sense to take advantage of this.

The Pupil Parliament was set up approximately three years ago. In its initial form the parliament operated as vertically grouped junior pupil assembly with approximately 20 pupils in each group. In 2008/2009 the Pupil Parliament was structured with six special interest groups. The junior pupils chose an area in which they would like to focus for twelve months. The pupils could choose between

- Healthy Eating,
- Charities,
- Travel,
- Environment,
- Learning
- Play and Activities.

Our parliament was overseen by our Head Teacher and all the teachers were invited to chair one of the interest groups enabling both teachers and pupils to pick an area of interest to them. This would help to enhance the learning experience to both parties.

During 2009/2010 we aimed to allocate all pupils to their 1<sup>st</sup> or 2<sup>nd</sup> choice parliament group. This was achieved and focused the pupils well.

As you can imagine there was a lot going on in each interest group. Here are just a few of the issues that the pupils worked on over the academic year.

- Charities - chose to support Shelter box and the education of a child in a Haiti, by holding fundraising events at school.
- Travel - looking at improving a safe journey to school asking parents not to drop pupils outside the school gate but use a local car park and walk some of the way.
- Environment - chose to look at the school environment and enhance it creating a raised growing area.
- Learning - looked at the school uniform and as a result changed the colour of the skirts, trousers and shorts they wear to school.
- Play and Activity - took their time to think carefully about how the pupils use the playgrounds and invested the grant given by Healthy Schools into some much needed playground equipment.
- Healthy eating - looked at the national and local priority areas of childhood obesity and wanted to improve their life styles through the school Let's Get Cooking Club, School meals and the overall dining experience at school and inactivity.

In close consultation with the SENCo it was agreed that we would set up an early morning activity club for the less active. We planned to use Fun Fit and the British Heart Foundation active club. We hoped that this would improve the fitness levels of targeted pupils and increase their readiness for the day of learning which lay ahead of them. We thought it would be interesting to see if this encouraged these pupils to take part in other school-based sport clubs or out of school sports clubs. We developed a baseline data collection sheet so we could monitor the impact the club was having on the fitness levels of these pupils. Our club started in June 2009, invitations were sent out to the targeted pupils after consultation with the SENCo. and a general invitation was put in the weekly school news letter.

From our baseline data we could see that pupils' fitness levels were improving. The club has been very successful and during the last 5 terms we have managed to retain 50% of the pupils in need of activity to help with childhood obesity, although it would have been good to keep them all. We found that pupils were not so keen to attend over the winter months with

the cold and dark mornings. On the whole we have found this a valuable addition to the school day and plan to make it an ongoing feature.

What the pupils say:

*"I enjoy the club although I don't always want to get up early. I really want to play the maths running game and do my four point balance."* A year 4 pupil.

*"It is fun! I enjoy doing the circuit."* A year 2 pupil.

During the year 2010 we have made improvements to the Pupil Parliament with the Activities and Play interest group now becoming Site Health and Safety. This has encouraged these pupils in the group to think more about the way in which we use our school for all and not just about which games are the best! Our school council is now our school cabinet and all pupils meet for a Parley during Tuesday assembly time. This has also allowed us to introduce the pupil parliament to the infant children - a fabulous extension. The interest groups meet on a Wednesday morning for 15 minutes and the cabinet meets each Friday.

This allows for the children to share their interest group's work with the rest of the school and gives them a platform to speak and listen to other points of view.

Over all we are very proud of our Parliament and feel the children are too.