

Parc Eglos School Case Study

Healthy Schools Plus

Parc Eglos is a relatively large primary school in Helston: NOR 410. Two form entry throughout the school has been in place for just under two years.

We embarked on our Healthy Schools Plus journey approximately twelve months ago. One area we wanted to focus on was those children who were presenting in the classroom as having low resilience and low self-esteem. One of the reasons we had embraced SEAL and PACT was to address this issue. Still, however, teachers felt that in each year group there remained a handful of children for whom opening up and confidently expressing themselves in class was very difficult. Therefore, it was decided that running a Pyramid Club might reach some of these less confident children.

The group we initially chose to target was Year 3 children entering Year 4. With twelve months of KS2 behind them we wanted to establish who was still in need of extra support with self-motivation, empathy, self-awareness, general social skills and the self-management of feelings. The agreed baseline would be found using the SEAL assessment of social, emotional and behavioural skills which the class teachers in Year 3 would complete and through the Pyramid questionnaire which was sent to parents.

Any pupil with a score lower than the average point score for the class was considered as a potential candidate for Pyramid: 25.05 points. Having collated the information from the questionnaire it was decided that children who had circled concerning traits and positive traits to a ratio of at least 2:1 would also figure in that pile. Taking into account written comments as well, if any children fulfilled all three criteria then they were classed as high priority for one of the clubs which we would run throughout the year. Parc Eglos, we were told by Pyramid's Co-ordinator, was the first school in Cornwall to attempt to run three different clubs in one year. We hoped that we were up to the challenge!

The club's leaders were drawn from support staff in school and they also formed the backbone of the selection committee. Also present at this process was the school Individual Needs Co-ordinator and the Chair of Governors, a medical doctor by training. With the data and personal knowledge of the children to draw on, the line-up for the first Pyramid Club at Parc Eglos was drafted.

Looking back over the year of all three clubs, it is possible to list a number of very varied activities which the children have chosen to pursue: baking, outdoor sports, indoor games,

swimming and trips to The Tate Gallery, The Eden Project and The Pantomime in Truro. Most satisfying of all is the feedback from the children, their parents and their teachers:

"(My son) loved it, he liked being with other boys. He had fun in a laid-back, non-threatening environment. (He) also enjoyed the trips. Thank you."

The mother of a Year 4 boy.

"The Pyramid Club that (my daughter) has attended this year has helped her self esteem..."

The father of a Year 3 girl

"(My son) said that Pyramid Club was a really fun club. His favourite part was the Hall for Cornwall trip. He would definitely recommend other to join the club."

The mother of a Year 4 boy

"Thank you to all the teachers who helped at Pyramid Club"

A Year 4 girl.

"A fantastic programme - (my daughter's) confidence has really grown - she is happy at school and tells me she has no worries. She has made lots of new friends...from the Pyramid Club. Thanks to (the leaders) for all their hard work."

The mother of a Year 3 girl

"(My son) really enjoyed Pyramid Club and we as parents are able to see the difference it has made to his confidence."

The mother of a Year 4 boy

We are overjoyed at the success of the programme and have plans to run it again next year, with questionnaires and assessments already sent out to Year 2 teachers and parents.