

Tregony CP School Healthy Schools Plus Journey 2008- 2010
A Case Study by Diane Blackie Senior Teacher & Healthy Schools Plus Coordinator

| Healthy School Area | Provision before Healthy Schools Plus | Provision after Healthy Schools Plus | Impact |
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| <p>Physical Activity</p> | <p>PE in line with QCA SSCO provision: outdoor sch limited no. yr 1 Swimming Y2-6 Aut & Summer term Playground with climbing frame Field in use summer term, shared with summer term school camp yr 5&6 only Porthpean & Delaware alternate teaching staff only provide extra curricular</p> | <ul style="list-style-type: none"> •Leap into life KS1 in addition to PE •Swimming for all classes Aut & Summer •Fencing & enhancement of wasted areas created : woodland,KS1 garden, quiet grassed area removal of climbing frame •whole school opportunities to camp: FS&KS1 sleepover in tents in school grounds with BBQ & evening walk Yr 3&4 one night away Highways Farm or Woodland Valley Yr 5&6 Alternate Porthpean or Delaware with Inner city experience. (Bristol last yr) •Bikeability provided for YR 5 annually •Cyclewise provided Yr 6 annually •SSCo activities increase: •Outdoor school all Year 1 tri golf/ Chance to shine cricket •extra curricular clubs provision •sailing instruction Yr 6 2nd half summer term (3 sessions 2009/ 5 sessions 2010) •staff/ T.A.s & parents provide extra curricular clubs | <ul style="list-style-type: none"> •less broken arms/ non recorded since climbing frame dismantled (at least 4 in previous 6 yrs) •whole school has opportunity to spend a night away from home FS- yr 6 •FS & Yr 1 have 8 swimming sessions in line with other year groups • extra curricular activities play to strengths of adults involved knitting patchwork sewing Allsorts / Adventure club resulting in much wider choice and range • physical activity opportunities increase in formal teaching, extra curricular & enrichment activities •better concentration through afternoons (only really become apparent 2nd half of this year) •less tension & fall outs during playtimes • long term aim – increase physical activity in children •broadened horizons & experience of other ways of living (urban/ city) •increased self esteem in KS1 children (pride & reflection from parents), meeting the challenge of staying overnight away from home |

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| <p>Healthy Eating</p> | <p>Fruit & veg KS1 gardening club water fountains</p> | <ul style="list-style-type: none"> •Infants part of milk scheme again •Snacks provided in infant class are similar to preschool next door •KS2 daily tuck shop run by children •cookery club extra curricular •Yr 6 cooking in curriculum time 2nd half summer term •gardening club now with polytunnel/ about to open on Mondays in holidays •Raised beds in KS1 garden •change of cook & service provision (Chartwells) •Healthy lunchbox leaflets given out on induction & in foyer •healthy stickers given out at lunchtimes •outdoor lunches for packed lunch in summer term with shade •water bottles issued when children start school •filtered water jugs & cups available in all classes | <ul style="list-style-type: none"> •Better liaison between pre school & infants on snack & outdoor provision •Children make links between food they eat & what they grow •Parents provide healthier lunches for their children •Enjoyment & social side of eating increased (less rushing to finish & wastage) •Drinking water throughout day embedded & unchallenged •Pressing need for review into Food Technology curriculum at KS3. Our primary children have experienced it all here! • Long term aim – reducing obesity in children |

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| Emotional Well being | RSE delivered y6 only summer term school nurse & head learning behaviour charts & golden tickets & red cards in place across school | Christopher Winter Project lesson plans used Speak Easy sessions for Parents run concurrently Parent support advisor employed with cluster learning support mentor employed with cluster learning behaviour charts individualised to each class Rewards & Sanctions refreshed & tightened made overt with children in Golden assembly weekly Red card chats weekly | <ul style="list-style-type: none"> •awareness of relationships & sex education piloted across year groups • RSE placed into long term planning each year groups re-visits arents involvement via speak easy sessions •PSA giving support & signposting to families identified • LSM provides informal support through discussion with children • Sanctions issued (red cards)have dwindled as the year has progressed • gender analysis of Golden ticket winners & red cards shared with children in Golden assembly • Chats with red card holders often reveal deeper issues •Rewards & sanctions system streamlined & clearer for all staff &pupils •Long term aim reduce teenage pregnancy |
| Personal Social Health Education | LCP PHSE lesson plans whole school school council commences | Seal topic titles covered across Yr groups Seal Assemblies support Regular circletime School council meetings increase to half termly School council oversees annual fundraising for whole school trip | <ul style="list-style-type: none"> • Self evaluation shows increased confidence in dealing with and knowledge of different forms of bullying including cyber • number of children standing for school council increases annually • school council takes active part in school life, feeding back problems, suggestions, interviewing potential staff members, visiting other school councils & comparing notes |