



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Healthy Schools Plus - Case Study

Background

Trewirgie Junior School is located close to the centre of Redruth, which is mainly an industrial area, as previously it was the centre of the mining industry. It has 366 pupils including, 8 children in the Area Resource Base. It is amongst the top 15 percent of the most socially deprived areas nationally. The school was built in 1886 and the traditional building is very much part of our school ethos. We became a PFI school, benefiting from 3 new classrooms. As from 1st July Trewirgie Junior School will be an Academy. We have an award winning Breakfast Club which is a joint venture with the Infant school which opens from 8.00 am providing childcare for those working parents. However, it has become very much a social gathering for children and their families who often stay for breakfast too! 22% of our children are on the SEN register at some level.



Trewirgie Junior School is an exciting and forward thinking school committed to all our children. We see ourselves at the heart of the community, where children really matter and every individual's ability is recognised, rewarded and developed. As part of our school ethos, we encourage life-long learning, to prepare them for the future, this is not just academic learning, but life skills and self confidence, to feel good about whom they are, we like to celebrate individual success, as well as team, class and whole school achievements.





Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Priority Areas

As a school, we highlighted two areas to focus on, [Building Self Esteem](#) for everyone and to implement the [CWP SRE](#) curriculum to every year group in the school.

Reasons

Many staff had identified that a significant amount of children were lacking confidence and self esteem, particularly the new cohort of year 3 children, who also lacked social skills/interaction, hence, the increased problems in the playground during breaks and lunchtimes. Also having a new head teacher, it seemed rather appropriate to embark this throughout the whole school.

As PHSE Co-ordinator, I have been keen to develop and introduce SRE throughout the whole school for a while. Therefore after discussion with the steering group, we felt this would be very beneficial for the children, considering, teenage pregnancy is a local priority. This focus would also work well alongside the building of self esteem.

Starting Point

We wanted to involve everyone in the school therefore we had a whole school staff meeting to discuss [Building Self Esteem](#). It gave everyone a chance to have an input into the way we would launch it to the children and what we would put in place to [build self esteem](#). Next, we needed a baseline, so we used the SHEU survey. We used the Early Primary Health Related Behaviour questionnaire for the year 3 children and the Every Child Matters in Cornwall Primary questionnaire, for years 4, 5, & 6. From this survey we concentrated on the self esteem and SRE questions. From the results it highlighted that in the [Self Esteem](#) element: 44% of year 3 boys fell out with their friends a lot and this made them sad. 54% of the year 3 boys worry a lot, compared to the girl's result of 27%. Throughout the rest of the school the questionnaire highlighted, 42% of year 4 girls wanted to change a lot of things about themselves, along with 42% of year 5 boys and 41% of year 6 boys. This was considered as being fairly high and gave us the evidence to proceed with [Building Self Esteem](#) as our whole school focus.

[SRE](#) results highlighted that 25% of the children in year 4, 5, & 6 did not know enough about how your body changes as you get older. This evidence showed the gap in the PSHE curriculum and reinforced why [SRE](#) should be taught throughout the school.



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

In addition to the above, a small group of children were recognised as needing extra support to form positive relationships with other children and adults and to promote good self esteem that enabled them to celebrate their differences and unique talents.

What did we do?

As a result of the questionnaire we felt the introduction of **Building Self Esteem** had to have an immediate impact on the whole school. After staff discussion, it was agreed we would incorporate the following to address the self esteem issue in our school. The **'Golden Ticket'** award was set up. Any child who demonstrated good manners, kindness or thought to others, without being promoted would be issued a golden ticket by any member of staff. This also gave the 'MDSA's' a vital role at lunchtime, and continued our focus throughout the day. At the end of the week all of the golden tickets are put into a box and in our 'Celebration Assembly' the lucky winner is drawn out and chooses a prize from the table.

'Star of the Week' Each class teacher nominates a pupil from their class who has shown effort or something deserving of acknowledgement in the 'Celebration Assembly'. All class teachers to speak out in assembly and congratulate the child. A certificate is given to the pupil and also wears the **'star badge'** for the following week. All of the **'star of the week'** children are congratulated on the 'Weekly School Newsletter', and their photo displayed on their class **'star of the week'** board.

Creative Social Skills Group After looking at building self esteem of all pupils, it was decided that some children needed some extra support. A small group was set up for these pupils, run by Miss Lisa-Marie Mitchell. Its purpose and aim is to provide a caring and positive environment which promotes good self esteem and that enables them to recognise, build and celebrate their differences and unique talents. It will also help to provide children with the skills to begin forming positive relationships with other children and adults.

RTIME TRAINING (23rd March). All of the Staff, were invited to attend a 'Relationships' inset training session. This focused on role modelling good manners, and kindness to others. It had been noticed that many children lacked the basic life skills of good manners, and therefore we felt we needed to 'role model' this. The programme was introduced to all classes, and resources are currently being looked at.



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Healthy pancake making (7th April). As a school we were invited to participate in a fun activity to create and make healthy pancakes. As Healthy Schools Co-ordinator, I felt this would be a fantastic activity and gave the children in Year 5, who received free school meals the opportunity to engage in this session. This also encouraged team work, building self esteem and gave these children a chance to shine in a different environment.



SRE TRAINING (27th April). As this was our local focus, all teachers who had their own classes, along with their job share attended this training with Zoe Baxter and Mandy Lancaster. The intention is for all classes to have the appropriate SRE lessons taught to them in the summer term by their class teacher to ensure continuity, but also to develop the children's knowledge and understanding in this area, along with recognising SRE as a subject taught on a regularly basis to maintain its credibility.

RTIME 'Making the Most of Lunchtimes' (4th May) This training was set up for all of the lunchtime supervisors and David Williams (pastoral care), to continue promoting good relationships and positive behaviour from all our children throughout lunchtime playtimes.

SPEAKEASY TRAINING A taster session was set up for parents on Thursday 9th June. This was well received by a small number of parents, and now a course is running to the end of term. We are providing childcare, which seems to be working well.



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Outcomes

The whole school embraced the 'Star of the Week'. All class teachers made their own posters to celebrate the success of a pupil in their class. All children have their photo placed on the door, on display. This has had an immediate impact on all children they look forward to the 'Celebration Assembly' and wait in anticipation to see who has been awarded the title.

'I really enjoy listening to the reasons why the children have got star of the week in assembly.' (Y5 pupil)

'Having the star badge means wherever I go in the school, everyone can see I'm the star of the week, even the dinner lady asked me what it was for!' (Y5 pupil)

'It's great to see the 'stars' on the weekly newsletter, it makes us, as parents proud too' (parent)

'I try really hard to get star of the week, I think I'm more focused' (Y4 pupil)

'I love the discussions it creates in class on a Friday morning before the celebration assembly, and to see all children genuinely happy for the 'star'.' (Teacher)

'I can name four children that really have substantially benefited from this focus, they are happier and believe in themselves, so wonderful to see.' (Teacher)





Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Star of the week was discussed at our staff meeting with all staff, it was decided to continue with this, as the impact had been immense and it had been recognised that children were happier around school and it had definitely served its purpose of enhancing self esteem. It was apparent that the Area Resource Base children thoroughly enjoyed this.

The '**Golden Ticket**' award has been a huge success! The children throughout the school are so eager to get a ticket. As any member of staff can award them to a pupil, it has really given a whole school feel to this initiative. This award promotes good manners, makes children more socially aware and kind and helpful, especially in the playground. It encourages children to be positive about themselves and others. After discussion, we have all recognised and seen much more positivity around school, it has enhanced many pupils self esteem and new friendships have also developed.

'It's incredibly how the children are all offering their services to help, with any jobs' (office staff)

I have noticed Y6 children really going out of their way to help, open doors, look after the Y3 children who are unhappy, fantastic! (Y5 teacher)

I really want to win a golden ticket I want that Cheryl Cole book as my prize! (Y3 pupil)

This has given us a chance to talk to more of the children around the school, and make a conscious effort to notice and reward good relationships, helpfulness and making someone else feel good about themselves. (Teaching assistant)





Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Creative Social Skills group evaluation.

During each six week sessions, I have felt that most children have gained positive outcomes. The majority have said that they now feel more in control of their anger/aggression and can use one of our coping techniques to get them out of a trigger situation.

The concept of having a social group meant that these children would potentially be confronted during a session but would be also supported in how to deal with it appropriately in a safe space to express themselves and learn from different types of behaviour responses.

Every child in the group left on the end session feeling more positive and themselves and their relationships with peers and adults.

'It was nice to know someone noticed me' (pupil from group) this really means 'thanks for giving me the time to speak and for helping me to understand' (Miss Mitchell)

'Overall, I would say that the group was a huge success and greatly beneficial to those children involved.' (Miss Mitchell)

RTIME

Training with the year 3 and year 5 classes went extremely well. Jon Pascoe demonstrated how to run the sessions. The teachers involved found this useful. The staff inset training was a success, everyone got into very valid discussions and it highlighted we still need to 'role model' good manners and relationships as this has fallen recently at school. It was decided that each teacher would find 20 minutes a week to concentrate on RTime and reinforce and promote good relationships.

This is working well in year 3, who have had previous experience of RTime in the Infant school. Year 3 teachers have reported that there are better relationships and less confrontation, which creates a better atmosphere in the classroom. We are currently looking at buying some new resources.

'RTime is fab, I get to work with people I wouldn't normally work with. (Y5 pupil)

'It's made me realise we are all different, but that doesn't mean things are bad, I really enjoyed working with everyone.' (Y5 pupil)



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent



SRE Training

This was very well received by the staff. The delivery of it gave confidence and reassurance to the staff who felt uncomfortable with this topic. The training session also contributed to enhancing morale. Zoe Baxter and Mandy Lancaster were very informative. The resources are very easy to use and there is continuity throughout the year groups. Using the CWP SRE lessons has given this topic a firm focus. It has been reported by many staff that the children have participated as they would in any other lesson, with enthusiasm. There has been very positive feedback from the staff, which delights me as PSHE Co-ordinator!!

'I love SRE it's fun and I'm learning about things that are important, it's going to happen to me one day!' (Y5 pupil)

'Having these SRE lessons as stopped me worrying about what will happen to me, I know the facts now.' (Y5 pupil)

'It's great to know all the correct names of the body parts' (Y3 pupil)

'I feel prepared now, so when it happens to me, I'll know what it's all about, no need to panic!' (Y6 pupil)

'Teaching SRE with training and set lesson plans and guidance as made me more confident.' (Teacher)

'Teaching SRE with my own class is great actually, it's created a stronger bond between all of us! It wasn't anywhere near as bad as I had anticipated, the children were great!' (Teacher)



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

RTIME - Making the most of lunchtimes.

On 4th May, the lunchtime supervisors and David Williams took part in this training session. Led by, Jon Pascoe and his colleague. This training really worked well with the ladies, they were enthusiastic and very positive about its purpose. During lunchtime, Jon Pascoe demonstrated the types of activities and showed the ladies the tickets and how to hand them out. It was amazing to see so much life and excitement in the playground. The ladies were engaging with the children, playing helping them with equipment, singing and generally showing an interest. This particularly helped the younger children in year 3 who find it difficult to make friends.

'It's great to have Mrs Hart holding the rope and skipping with us' (Y3 pupil)

'Today I played with other children normally I play on my own.' (Y3 pupil)

'Getting involved with the children definitely helps your relationship with them, they have respect for you.' (Dinner Lady)





Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

SPEAKEASY

As a result of the SRE lessons I suggested we inform parents of the speakeasy program. I wrote to parents and put it on the newsletter about a taster session on Thursday 9th June. Although only a small amount of parents came, they were keen to set up a group and run the course until the end of term. So that is what we are doing. I am also attending the course as the parents asked me to attend. It is going very well. I am able to reassure them about the CWP SRE in school. I can also see already, the group is more at ease and parents are less anxious and feel less threatened.

'Speakeasy is updating my knowledge, I had forgotten quite a lot!' (Parent)

'The course is very informative, relaxed and fun, I'm no longer as anxious about my son participating in the SRE lessons' (Parent)

'Speakeasy is preparing me for any questions my son might ask!' (Parent)

SHEU QUESTIONNAIRE

Nine months after the whole school completed the SHEU questionnaire, the **Self Esteem** and **SRE** questions were revisited and the children answered them again. As a school we are delighted with the results, there is a definite improvement. 15% of Y3 boys fell out with their friends a lot, this made them sad. (44% in the initial questionnaire) 11% of Y3 boys worry a lot. (54% initially, however, I am also aware that the questionnaire was completed in October, these children had only just joined our school and this could have enhanced the results slightly.) 29% of the Y4 girls want to change a lot, about themselves compared to 42% in October. 23% of Y5 boys want to change a lot of things about themselves compared to 42% in the first questionnaire. Finally, Y6 boys 32% would like to change a lot about themselves, compared to, 41% in October. It has been observed by the teachers, that the children in all year groups have developed in confidence and are more aware and have a greater understanding of the **SRE** curriculum. The atmosphere around the school is warm, friendly and everyone is happy! It has been a fabulous year, challenging, at times difficult, but with the support of all the staff and senior leadership team we have tackled Healthy Schools Plus together. I would like to thank everyone in our school as I could not have tackled Healthy Schools Plus on my own it has been a whole school approach. In my opinion that is why the year has been so successful.



Trewirgie Junior School

Falmouth Road Redruth Cornwall TR15 2QN

Telephone: 01209 215238 Fax: 01209 315384

Email: head@trewirgie-jnr.cornwall.sch.uk

Headteacher: Mrs. Jane Sargent

Appendix

Letter to parents regarding SHEU Survey

Trewirgie Self Esteem Agenda

Letter to parents for Creative Social Skills

Creative Group Agenda

Creative Group Questionnaire

Creative Group Evaluation

SRE INSET Agenda

SRE Letter to Parents

Pancake Day Certificate

Trewirgie Junior School Newsletters