

HS PLUS CASE STUDY

THE STORY OF OUR HS PLUS WORK

- **Background** to our school and circumstances

St Stephen Churchtown CP School has been a Healthy School since May 2004 when we decided to focus on Emotional Health and Wellbeing. Our school is in the China Clay Area cluster and is above average in size with 237 pupils and an attached Nursery which currently cares for 52 children.

In November 2009 OFSTED made the following recognitions:
The curriculum is enriched by a good range of extra-curricular events and clubs, many of which are sporting activities which promote the pupils' health. Pupils behave well, say that they feel safe and clearly enjoy school. These are noticeably reflected in their eager participation in clubs and by their positive responses in lessons. Pupils willingly take on responsibilities as school councillors or as 'playtime buddies' to help other pupils at break-times. The pupils' excellent adoption of healthy lifestyles is strongly supported by their enthusiasm for sports. It is also evident in the knowledgeable way they talk about balanced diets and healthy eating.

- **Priority Areas** (What priority area(s) did you choose?)

We decided to focus on two areas associated with Healthier Weight in our pupils:

- *To increase the number of pupils walking or cycling to school.
- *To increase the amount of physical activity pupils take part in during and outside school.

- What was the **need**? Why did you do what you did?

Travel to School data revealed that only 44% of our pupils regularly walked to school and that only 2% cycled to school. We wanted to reduce traffic congestion around the school grounds at drop-off and pick-up times and encourage more children to walk or cycle safely to school.

In February 2010 we conducted a Physical Activity Questionnaire which showed that 10% of our pupils were not taking part in any regular physical activity at all outside school. We decided to offer these children opportunities to experience a range of activities which might help to develop their enjoyment of physical activity thereby encouraging healthier lifestyles.

- What did you **do**? Describe the activity.

We contacted Cornwall Council who put us in touch with Alan Jeffry, the Council's School Travel Plan Advisor. We discussed the possibility of setting up a Walking Bus. One of our parents (who is also a Teaching Assistant at our school) volunteered to undergo the training to run the project. In May 2010 the Walking Bus was launched with the help of Billy the Boots.

Our Governors discussed increasing the provision of secure, all-weather bicycle storage on the school premises. Bikeability training was provided for Year 5 pupils – this will be undertaken annually – to ensure that children can cycle on the road safely.

A range of after-school clubs have been offered to pupils: football, netball, cross-country, cricket, dance, athletics, tag-rugby and gardening.

Fun-Fit is provided every day for SEN children.

We arranged a Healthy Week in May 2010 and arranged opportunities for every pupil to experience and enjoy a wide variety of physical activities: athletics and cricket coaches worked with every class, additionally skipping workshops were arranged and every child was given a skipping rope to keep (purchased with HS Plus funding).

- **Who did you work with** and why did you choose them? (Classes? Year groups? Whole school? Who were you Children in Challenging Circumstances (CICCs)?

We announced the launch of the Walking Bus during a special whole school assembly presented by Alan Jeffry, Mrs Cathy Pethick (the Walking Bus leader) and Billy the Boots. We decided to do this in May as the weather is a determining factor as to whether or not pupils walk to school.

Our Physical Activity questionnaire highlighted the 10% of pupils not regularly taking part in any physical activity and class teachers encouraged these children to join after school clubs and to participate in the activities during Healthy Week.

- Where did you start from? (about your **baselines**)

Annual Travel to School Survey data.
Physical Activity questionnaire.
Staff general concern about childhood obesity.

- **Describe the steps along the way** that helped achieve the outcomes (about the **ESIs**). Were they useful milestones along the way to achieving your outcomes?

Liaising with Cornwall Council – Travel Awareness Officer.
An invitation to the wider school environment to facilitate the Walking Bus.
Training volunteers.
Launching the initiative via whole school assembly and newsletter.
Publicising the launch – local press.
Competitions and prizes for pupils using the Walking Bus.

Planning cycle storage and purchasing racks.
Bikeability training sessions – increased number of places from 18 to 35.

Planning 2010 Healthy Week – focus |Physical Activity/Healthy Eating/Personal Safety

Let's Get Cooking Club – planned into school curriculum and as an extra-curricular activity.

Extra-curricular provision of physical activity clubs
JSLA (Junior Sports leadership Award) involvement so that pupils can experience the help of older students.
Play Leader roles – training currently being undertaken by Year 5 pupils.

Development of Kitchen Garden in the school grounds.

- Where did you get to? (**achieving your outcomes**) What difference did it make to the children? (**impact**) The **So What?** question

Walking Bus up and running – we regularly have thirteen children joining the ‘bus’, the maximum has been 32 (the weather has an impact).

New bicycle racks have been fitted under shelter and Year 5 pupils have been trained to cycle safely on the road. There has been a 6% increase in numbers of pupils cycling to school since the new provision of storage facilities.

98% of pupils now report enjoying physical activity and taking part in regular physical activity outside school

- What went well? **What were the highs and lows?** What could have been different / better? What were the problems and challenges? Were there any unexpected outcomes? (Good or otherwise)

The Walking Bus is a tremendous asset in providing a safe and environmentally friendly way of travelling to school – hopefully numbers will continue to increase. However, it does depend entirely upon the reliability of volunteers. We realise that many parents chose to deliver their children to school by car as they knew that their child has arrived safely. Furthermore many of our pupils live too far away from the school to walk regularly.

Some pupils thought they did not do any physical activity outside school – they did not realise that walking the dog or street surfing were forms of exercise.

Let’s Get Cooking Club – Achieved Certificate of Accreditation in July 2010. 308 club members have learnt new cooking skills, 3 community cooking events have been held, 322 parents, family members and people from the community were involved.

Gardening Club - well attended and enjoyed by 35 Year 2/Year 6 members. The club is led by: 2 Teachers, 1 TA/carer and 3 parent volunteers. Delicious produce was harvested and sold at our Summer Fair. Won first and second prizes in Clay Cluster Parish Council Competition designing a decorated wheelbarrow for the village. Grow it Global link with Uganda.

- Capture the work in **the words of those that took part** – children, parents, teachers, and school staff.

Healthy Schools Plus – Healthy Week 2010

'We are very aware that childhood obesity is a major national concern so we teach our pupils the importance of physical activity and healthy eating.

This year we are working towards Healthy Schools Plus and have started a Walking Bus which allows our pupils to walk to school safely thereby reducing the number of vehicles transporting children to school.

We also have a Let's Get Cooking Club, in a devoted cookery room, which enables every child to learn to handle food safely and cook nutritious meals in conjunction with parents/carers.

During Healthy Week Athletics and cricket coaches worked with every class to develop their skill and enjoyment in a variety of activities. Every pupil was provided with a skipping rope to keep and taught different skipping skills to enjoy at home and in the playground.

The week was very successful and provided the pupils with practical learning opportunities which we hope will enable them to continue to make healthy choices and inspire healthy lifestyles.'

Jayne Crouch – Y6 Teacher and Healthy Schools coordinator.

'There are a wide range of opportunities for pupils from all ages, gender and race to take part in physical activities for fun and competition. It was lovely to see community involvement through the 'Let's get Cooking' scheme and even seeing some parents and children practising their cycling skills in the playground after school.'

Simon Welch – Headteacher St Stephen Churchtown.

Walking Bus

Quotes from some of the pupils who regularly use the Walking Bus:

'I like the Walking Bus because you meet your friends and it keeps you fit'
'I think the Walking Bus is good for getting your body moving and ready to start school.'

'I love the Walking Bus because it is a healthy way to get to school'
'It keeps us fit and healthy and is a safe way to travel'
'We love the Walking Bus because it keeps us fit and we have chances to talk to our friends.'

'The Walking Bus was set up in May. Since then we have run every week. The children and parents are always happy and eager to meet up with friends and have a chat on their journey to school. We have about ten children who use the Bus every day that it runs (our maximum has been 32 in the summer) and because of this have made new friends who they don't usually see at school.'

Cathy Pethick - Walking Bus co-ordinator.

Let's get Cooking Club

'The children love cooking and they are not aware that they are developing their mathematical and reading skills at the same time.'

Di Knight –Let's get Cooking Club Co-ordinator, School TA and Governor.

Gardening Club

'The Gardening Club provides opportunities for children who are not necessarily sporty to engage and enjoy activities which have developed their self esteem,, organisational skills and initiated the beginnings of a business venture. Making links with the Parish Council and wider community has raised the profile of the school.'

Kathy Saunders - SENCO, Year 3&4 Teacher, Gardening Club co-ordinator.



Billy the Boots at the launch of the Walking Bus.

- Can you **add photos and artefacts** to enhance the story?



Walking Bus launch, May 2010.

- **Where are you going next** with this work or other priority areas? How will you sustain the work and maintain capacity for the future?

We are considering:

- The development of a Breakfast Club to meet the needs of some of our pupils.
- Providing a range of lunchtime clubs to improve standards of behaviour during this part of the school day.