



Healthy Schools

North Somerset

Congratulations!

The North Somerset Healthy Schools Programme is delighted to be able to confirm your own judgement that Court De Wyck C of E Primary School deserves National Healthy School Status. Information collected from your submitted final audit/action plan illustrates the quality of work under the banner of Healthy Schools and we had absolutely no hesitation in confirming your self-validation. It is very clear from the audit that a methodical and professional approach has been used to achieve Healthy Schools Status, which reflects well on all of the staff involved.

It is also clear that the staff at Court De Wyck work consistently hard to ensure the physical and emotional health of the pupils, supported by the senior management of the school who clearly prioritise pupil well-being.

The following aspects help to create a caring and supportive environment at Court De Wyck:

- The school has worked hard to embed a comprehensive PSHE programme, which integrates Social and Emotional Aspects of Learning. It is enriched by a range of outside agencies and activities, including visits to the 'Life Skills' and 'Safety Zone' centres and support from a dental nurse, the police and a school nurse. The staff too are well trained to support the delivery of PSHE, with two members having received a Certificate of Professional Development and the whole staff having received SEAL training.
- The school works hard to fully involve pupils in the life of the school. For instance, they were involved in decisions about the choice of playground equipment; lunchtime sports club options and activities available on the dedicated sports playground.
- In addition to expressing their views, pupils also participate in the life of the school by undertaking roles such as paired readers, playground buddies and classroom monitors.

- The school has taken a holistic approach to food which ensures that the children receive consistent messages about Healthy Eating throughout the school day. There is a fruit-only policy at break, good availability of water, a gardening club which gives children the opportunity to grow fruit and vegetables and posters which encourage children to eat healthily. Underpinning all of these activities is a well-planned Healthy Eating curriculum within the PSHE programme, which has been supported by the Sainsbury's 'Feed me better!' campaign worker delivering practical food activities with the children. The uptake of school meals has increased and children are supported to have healthy lunches by the SMSAs who give out stickers.
- Physical Activity in the school has greatly benefited from the support of the School Sports Coordinators and from staff training. The school has a qualified swimming coach, a well trained PE coordinator, specialist PE staff delivering to Years 1-4, staff who have completed TOP sports training and an SMSA who has been trained to support Positive Energetic Play at lunchtime. In addition to the PE curriculum, there are clubs which appeal to both boys and girls.
- It is evident from the awards the school has received from the North Somerset School Travel Team, that it works hard to increase opportunities for physical activity during the journey to school. To its credit, the school has been successful in maintaining a Walking Bus, which is never easy and this is also a good example of parental involvement in the school. Other examples include parental help with swimming, running sports days and participation in the 'fun run.'
- The school clearly supports children's self-esteem, confidence and ability to understand and explore feelings. The PSHE curriculum addresses wellbeing through SEAL, circle time, critical skills, learning logs and feelings books. There is also a strong emphasis on anti-bullying through assemblies and the annual anti-bullying week, which has been supported by the police and a drama group. Parents are also involved in anti-bullying through parent's meetings with the Head and an invitation to the assembly held at the end of anti-bullying week.

3. Healthy Schools and the future

Court De Wyck C of E Primary School has worked very hard to meet the requirements of National Healthy School Status.

Now that you have achieved this Status, you may want to:

1. Hold a whole school celebration event to mark your achievement
2. Contact the local media to publicise your achievement
3. Inform the school community of your success via a newsletter
4. Meet to plan future work

North Somerset Healthy Schools Programme wishes you well in your continued

quest for health improvement. We hope that you will continue to strengthen your work in the 4 core themes of the programme and to address other areas such as:

- Safety
- Citizenship
- The Eco-schools award
- Local/school priorities

Currently, The National Healthy School Programme advises schools to 're-do' the Healthy Schools audit/action plan **2 years** after being validated. This is so the school is able to prepare for re-validation **3 years** after being validated. However, we would suggest that you keep the audit plan updated, so you have an ongoing record of your support for the emotional and physical health of your pupils. This will help to provide excellent evidence for your School Self Evaluation Form as well as clearly demonstrating how you meet the outcomes of Every Child Matters, particularly 'Being Healthy' and 'Staying Safe'. However, we should point out that the re-validation process is currently being reviewed and we will keep you informed of any new developments.

Once again, congratulations on working so hard to achieve National Healthy School Status and good luck with Healthy Schools activities in the future.

Shaun Cheesman
Healthy Schools Coordinator
29.4.08