

Case Study Template



Project Title:

Increasing Our Awareness of Healthy Living

Healthy Schools Theme:

Emotional Health and Well-being

School Context:

Location: Ongar Place Primary School, Milton Road, Addlestone, Surrey KT15 1NY

Number on Roll: 201

School Characteristics

Boys:53%	Girls: 47%
SEN (ST/EHCP): 3 children	SEN: 15.5%%
Pupil Premium: 22%	EAL: 2%
LAC: 3 children	Attendance: 96%

EYFS GLD	ALL: 79%	DISAD 8 ch: 88%
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KS1	% of children who achieved the expected standard
Reading	83%
Mathematics	87%
Writing	77%

KS2	% of children who achieved expected
Reading	70%
SPAG	83%
Maths	90%
Writing TA	83%

Identified Priority:

To promote healthy living and well-being across the school.

Outcomes:

- To increase the percentage of children having school dinners.**
Over the last few years the number of children taking school lunches has decreased.
- To increase the percentage of children attending extra-curricular activities.**
We wanted to expand children’s participation in a wider range of physical and social activities to

support their social and emotional well-being.

3. To have cooking timetabled and taught to every class.

We want children to have a greater understanding of healthy eating and give them the opportunity to select and prepare foods in line with the DT curriculum.

4. For children to only bring healthy snacks to school.

We were becoming increasingly aware of children bringing 'unhealthy' mid-morning snacks and decided to review snacks and our own tuckshop provision.

5. For children to have lunchboxes that contain healthy choices.

We were becoming increasingly aware of children bringing 'unhealthy' lunches and decided to review lunches and set clearer expectations for parents.

6. To carry out a sports and health week and for children to be more motivated to take part in physical activities.

We wanted to continue to raise children's participation in physical activities and promote a lifelong love of staying physically healthy.

7. To increase parental involvement in promoting healthy living and well-being.

As part of our school development plan we are keen to get parents more involved in all aspects of school life including the promotion of healthy living (mental, emotional and physical health)

8. To train Sports Leaders and have them support children around the school.

We wanted to continue to raise children's participation in physical activities and promote a lifelong love of staying physically healthy. We wanted children to have an active role in promoting this around the school.

9. To increase the number of pupils who consider that our school helps them to stay physically and mentally healthy.

In order to evaluate the effectiveness of our project we surveyed the children to gain their views.

Activities / Interventions:

1. Shared menus in every class each week.

An example of lunch is displayed on a low table so all children can see what is on offer daily and can make informed choices.

Children are rewarded with stickers for trying new foods.

Salad cart is well stocked and accessible to all children.

New menus are shared with all children when they are produced and sent out to all parents.

Numbers of children taking school lunches are monitored.

2. Termly club letters are sent out to all children.

Staff and external agencies offer a wider range of clubs.

Children make suggestions of clubs they would like.

Registers are kept of all clubs that run at school either at lunchtimes or afterschool.

All children are encouraged to attend at least 1 club.

3. Cooking is timetabled for all classes using the 'new' children's kitchen.

All classes following a new DT scheme of work including cooking.

Clear progression in skills from EYFS to Year 6 with a focus on healthy balanced food.

4. Year 6 children carried out a survey of snacks that KS2 children bring to school.

Year 6 children with support from schools council monitored amount of 'free fruit' being consumed in KS1.

Tuck shop provision was reviewed.

Change for Life literature shared with children at school and sent home.

5. Year 6 and school council have carried out surveys of what children have in their lunchboxes.

All classes have shared findings within lessons and considered what should be in a 'healthy' lunch.

Information on healthy lunches shared with parents including Change4Life literature.

6. Sport and Health weeks carried out with great success – all children and staff participated in a range of activities.
Greater focus on sport across the school.
PE coordinator ensures that as many children as possible represent the school in a physical activity.
Synergy Dance has been employed to provide dance in the school.
7. Parents are invited into school more often to help with cooking, swimming, sport activities.
Family Learning Sessions run on healthy eating and cooking.
Parental Workshops on Anxiety, Understanding Behaviour provided.
8. Sports Leaders elected by their houses.
Sports Crew attended training.
9. Children surveyed.
Children involved in SDP review.

Impact:

1. Children are aware of what is on offer each day for school lunch.
Children are eager to try new things and get a sticker.
24th May 2018 – 105 children had school dinners.
24th May 2019 – 119 children had school dinners.
2. Autumn Term – 118 attendees at clubs
Spring Term – 142 attendees at clubs
Summer Term – 168 attendees at clubs
3. All children cook each term.
Clear progression in cooking skills and knowledge of healthy foods from EYFS to year 6
Year 6 plan, budget for and prepare a balanced 2 course menu to share as a group and with a member of staff.
4. Survey showed that only 48% of snacks were considered 'healthy'.
Majority of children in KS1 ate fruit every day.
Tuck shop snacks were reviewed and a new selection of healthier Fairtrade options purchased. Fruit and milk also made available at Tuck Shop.
Increase of 9% of KS2 children buying snacks from Tuck Shop.
Increase of 12% of KS2 children bringing 'healthy' snacks.
Foundation Stage new parent interviews are held where clear expectations for healthy lunches are shared with parents.
5. Mid-Day supervisors have noticed a definite improvement in 'healthy' lunchboxes.
Parents are informed of alternatives to unhealthy options.
Children are aware of what they should and shouldn't have in their lunches.
6. All children participated in Sport and Healthy Living Weeks.
100% of KS2 children have represented the school in a physical activity.

50% of KS1 children have represented the school in a physical activity.
All children take an active part in sports day
Sport has an increased prominence at school.
Sport activities are reported on weekly in the Headteachers newsletter to parents and governors discuss impact
School were invited to 8 county finals in 2019
School were invited to perform the opening ceremony dance for Active Surrey event.
School took part in sports event at local secondary school
School has made good use of sports premium to provide high quality CPD for staff and excellent opportunities for children

7. Parental workshops well attended and positive feedback received.
Parents are supportive and offer transport for sporting activities and attend workshops, assemblies, meetings etc.
34% of parents are DBS checked and regularly support at sports events and with swimming activities
Parents joined with staff and children for a celebration healthy picnic and musical performance and dance to celebrate '50 years of Ongar'.
'This is a school with a strong feeling of family and community. You know the needs of your pupils extremely well, including what may make them vulnerable, and what support pupils and their families may require. The school is highly ambitious for all pupils and staff. This is balanced extremely well within the very nurturing and caring atmosphere.'

Ofsted June 2019

'Your team, including the special educational needs coordinator and emotional support assistants, has built good relationships with families.'

Ofsted 2019

8. Sports Leaders hold meetings to promote teamwork and participation.
Sports Leaders support KS1 sports day.
Sports Leaders support sport provision around the school.
Sports Leaders help classes with Personal Best Challenge.
Staff have commented on how helpful Sports Leaders have been in promoting sport around the school.

9. Children can clearly identify what our school does well.
95% of children know who they can talk to if they have a problem/worry.
84% of children feel that our school supports them with being healthy.
Two trained Emotional Literacy Support Assistants and a counsellor support children with many aspects of well-being and emotional health
The school has a designated area 'the den' that children can access if they feel anxious or worried.
'Pupils enjoy attending school. Parents and carers confirm this, with one parent saying, 'My child is so happy at school.' Pupils told me they feel safe and listened to.'

Ofsted June 2019

Next Steps:

We need to continue to focus on the healthy and unhealthy snacks and lunchboxes and not let the progress made slip. This could also lead to reducing the amount of litter/rubbish around the school.

Continue to promote school lunches.

Sport will continue to be a focus for the school and we want to try to increase the percentage of KS1 children representing the school.

Review provision of cooking and development of skills in line with DT curriculum and look for

further cross curricular links including Fairtrade, food miles, possibly growing our own.

Senior Leader Quote:

Ongar Place has made great strides in securing the well-being of children and staff. Questionnaires, discussion and observations show that there has been a positive impact in all areas. Pupils are now far more aware of how to eat healthily and are making better choices. In 2018-2019 more pupils took part in sporting activity at their own level and there has been a great increase in competitive activity, including competing against themselves for a 'personal best'.

We have continued to build on the well-being initiatives that have been introduced over the past few years and I am delighted that our own analysis and our recent Ofsted inspection recognised us as a school with a strong feeling of family and a very nurturing and caring atmosphere I am pleased that this extends to all members of the school community including staff and extended families

Our overall aim is to provide children with the knowledge required to maintain a healthy lifestyle and ensure their own well-being. The work we have completed as part of this project has ensured that we are making great strides towards this and has provided a solid foundation for further development.

Tracy Good - Headteacher