



# School Progress Report

**School:** Holt CP School

**School Contact:** Melanie Sturt (Headteacher)

**Officer:** NB

**Date:** 14.10.2019

**Type of support:** Visit

Food & Fitness	Emotional Health	Personal Development	Hygiene	Safety	Environment	Substance Use and Misuse	NQA	NQA Review
2015	2014	2014	2012	2013	2011	2013	2015	2016 2017 2018 2019

Firstly congratulations on achieving the Fourth Annual Review of the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Holt CP School has demonstrated sustainability of all the criteria of the National Quality Award. These criteria are set out against 7 health topics:

1. Food and Fitness
2. Mental and Emotional Health and Wellbeing, including staff wellbeing
3. Personal Development and Relationships, including sex and relationships education
4. Substance Use and Misuse, including alcohol, smoking, and drugs (legal, illegal, and prescription).
5. Environment, including eco-initiatives and improving the school and wider Environment
6. Safety, including a variety of topics such as child protection, internet safety, and first aid
7. Hygiene including across school and non-school settings

The criteria are supported by a number of underlying principles, namely:

- The importance of pupil participation in core areas of school life which directly affect the health and wellbeing of children and young people e.g. teaching and learning, environment, pastoral care.
- The importance of the understanding and commitment to action of the whole school community.

## **Food & Fitness**

Holt CP has continued to evolve with regards to the food and fitness theme this year. They meet the criteria for NQA. They continue to provide a bowl of fruit in the reception area for pupils to freely use during break time, and the Eco Council are continuing to run Fruity Fridays. They had an International Week and had food tasting from around the world where the cook supported in making some of the foods. They continue with the Fairtrade status and the staff make banana loaves made with Fairtrade ingredients.

They have been participating in the Daily Mile and are finding it is having a positive effect on the pupils. All KS2 pupils are swimming once a week from Jan to July.

The school has found that running lunchtime clubs has been better for the pupils, they have A\* Sports for the Foundation Phase pupils and Pro Skills Club for the KS2 pupils as well as a Drama Club.

The school continues to offer a wide selection of school activities which includes football tournaments, swimming galas and district athletics. The school continues to support charity work by participating in Children in Need, collecting food during Harvest for the Wrexham Food Bank, Christmas Jumper Day for Save the Children and various others.



The children were allowed to watch the Wales v's Fiji world cup rugby game. Lots of cheers could be heard when Wales scored their tries!

## **Mental and emotional health and wellbeing, including staff wellbeing**

Mental and emotional health and wellbeing is at the heart of the ethos, values, culture and everyday life of the school, for both pupils and members of staff. There are a range of initiatives in place in order to promote and encourage emotional health and wellbeing, which include SAP, Friends Programme and Celebration Assemblies that take place every Friday.

Yr 6 pupils complete a two day transition with their local feeder secondary and have the opportunity to request two friends in which they would like to join them within form in year 7 classes. Friendship groups are discussed between the head of year 7 and the year 6 teacher to try and ensure that the

transition from primary to secondary is as smooth as possible.

The celebration book is used to write achievements of pupils in and out of school and the golden book for excellent work completed in school, all of which is read out in the celebration assemblies. The Dewi Draig Dragon is still awarded to the pupil in the class that has spoken the most Welsh for the week.

Sophie Gorst from the CAMHS team came into school and trained all the staff on Youth Mental Health First Aid as part of the CAMHS In Reach Pilot. The Headteacher has also completed the 5 Ways to Wellbeing Audit Toolkit. Wellbeing has also been included in the Schools Development Plan as well as using a more holistic approach in IDP's as part of the ALN reform.

The school has continued with the class attendance certificate and the class with the best attendance levels at the end of term is awarded at the celebration assembly.

The School Council has gone from strength to strength and they introduced the 'World of Work Week' where parents were to come into school to speak to the children about their jobs, a great way to build aspirations with the pupils.

The parent/teacher forum which has a parent rep from each class within the school to raise questions about school life to the teachers and come up with ideas to help improve communication and interaction with the parents and community is still going strong a year on and has proved a real success. The group continues to meet every half term.

The school is having a Wellbeing Week w/c 11<sup>th</sup> May which will incorporate Heart Start lessons, healthy lifestyles and hygiene sessions.

The school communicates to parents through the SeeSaw App, physical newsletters and the Holt Village Facebook page.



The pupils also took part in Mental Health Awareness Day and wore Yellow to school which saw them raise a wonderful £54. The pupils took part in various activities throughout the day to build positive mental wellbeing.

The Learning Squad are doing lesson observations and providing feedback to classes. The Headteacher then feeds back the information to the governors, any agreed changes are included in the SDP.

### **Personal Development and Relationships**

There is a graduated, age related scheme of work in place for Sex and Relationships Education. These include naming the body parts and appropriate and inappropriate touching. The Growing Up resources and SENSE CD-Rom are used to deliver the sessions to the pupils in school and in year 5 and 6 the areas of Hygiene, Conception and Birth are discussed. The NSPCC have been into school last October to deliver an assembly to Foundation Phase and assembly and workshops to KS2 (Years 5 and 6) The sanitary products have been delivered to the school and handed out to the girls, a discussion was also had in the puberty talk as part of the growing up agenda.

### **Substance Misuse**

The policy on smoking is fully compliant with the requirements of the award and 'No Smoking Signs' are on display around the school. The Community Police Officer visits the school regularly and delivers the sessions relating to the safety of substances within the lessons matrix.

The school have also had a visit from 'Don't Touch Tell' for all the pupils. As part of the 'World of Work Week' a parent who was a nurse also explained about medicines and how some can make you better.



### **Environment**

Environment continues to be a strength of the school 'Rebecca's Garden' had a facelift last year and the whole school continue to use it well. The Eco Committee are continuing their pursuit to gain a Green Flag and are currently working on litter and bins on the school grounds.

The Eco Committee has worked with parents to tidy up the entrance to the school, They have had two new benches as seating areas and planted new plants into the raised beds. A mum also comes into school weekly and pupils can join her throughout the day to do some gardening around the school.

The school takes part in Teams4U Shoe Box Appeal, Bags2School has also

been organised by the Eco Council. The school continues to recycle paper, food waste and plastics.

The Friends of Holt School group also organised a Bring and Buy sale which was a success.

### **Safety**

The school provides a range of activities to the pupils that involve other organisations providing support and includes; The All Wales School Liaison Core Programme, child protection training, first aid training, swimming lessons, a transition programme for pupils in year 6 with their feeder secondary, NSPCC, and Bikeability in Years 5 & 6.



The school has a group of pupils who are Junior Road Safety Officers and they are working on a project called 'Slow Down Stop' which is about getting cars to be careful when passing the school. Currently in slow down stop they have taken photos of good places to put a traffic calming sign and then they are going to send a letter to the Highway agency to see if they can place a sign in the chosen area.



The Foundation phase sessions on Walkwise which teaches them about road safety.

The school has pupils that are digital leaders in year 6 and the school took part in Safer Internet day, and e-safety lessons were delivered to the pupils via the Hwb platform.

The Headteacher and Year 6 teacher attending the Getting on Together training on 4<sup>th</sup> October which is a series of lesson plans for Year 6 on understanding extremism as part of the Prevent Duty. The school valued the

training and are looking to delivering the lessons in the Spring Term.

## **Hygiene**

The hygiene policy conforms to current regulations and all the minimum standards are adhered to. Aspects of hygiene are linked very well to the curriculum. Displays such as the 'Wash our Hands' succeed in reinforcing the healthy schools message in respect of hygiene. The growing up talks in year 5 and 6 include discussion on personal hygiene. The school has adopted the LA's Toileting and Intimate Care policies.

## **Areas for further consideration**

Maintain current practice and school will consider looking at the following:

- School to look at completing the Infection Control Audit Tool in the PHW Guidance.  
[http://www.wales.nhs.uk/sitesplus/documents/888/All%20Wales%20Infection%20Prevention%20and%20Control%20Guidance%20for%20Educational%20Settings\\_FINALMay%202017x.pdf](http://www.wales.nhs.uk/sitesplus/documents/888/All%20Wales%20Infection%20Prevention%20and%20Control%20Guidance%20for%20Educational%20Settings_FINALMay%202017x.pdf)

## **Healthy Schools:**

Holt CP have worked to maintain their National Quality Award for another year and continue to evolve in the work they do around health improvement. I am happy to recommend that Holt CP receive their Healthy Schools Accreditation for 2018/19.

Congratulations!

*Nerys Bennion*

Healthy Schools Officer

Date: 14<sup>th</sup> October 2019