

Corby, Oundle and Thrapston School Sports Partnership

Stanion Primary School Project Case Study 2018/19

Purpose of the project: Health and Wellbeing

Stanion C of E Primary School recognised the benefits to be gained from a whole school, cross-curricular approach to health and wellbeing. It aimed to promote health and wellbeing through a combination of sport, group activities, relaxation and discussion taking place in extra-curricular and curricular time. The school has been involved in a 2 year Targeted mental health in schools project (TaMHS) and Northamptonshire County Council's Healthy Child Project.

Actions Taken

- Three times weekly Lunchtime Activity clubs run by local coaches were established providing a variety of fun games, fitness or team activities for any pupil wanting to join in. On average 15 -20 pupils take part each session which run parallel to the normal lunchtime activities of football, Sports Crew -led games and free, imaginative and creative play.
- An afterschool Change 4 Life Club runs once a week with an emphasis on individual challenges, team collaboration and discussion around healthy lifestyles.
- A Relax Kids workshop was taken by Y5/6 pupils over four sessions. This taught them and staff techniques to support relaxation, calmness in adverse situations and to build resilience and resourcefulness.
- A new PSHE scheme has been purchased for whole school use. The training was undertaken by a member of staff who has rolled it out across the school for use in all classes.
- The school hosted an Open Working Day with a sports theme for parents to join their children enjoying a variety of sport and dance activities.
- The school took part in the annual mental health day as advertised by the County Council, running activities for parents and pupils with a wellbeing theme.
- The school promotes monthly walk to school mornings (park and stride) for pupils parents and staff.
- Children in the Foundation Stage access a local Forest School regularly.
- The Life Education bus is booked annually to support children in knowing about their bodies, healthy eating, kindness and responsibility and, additionally in Upper KS2, learning the effect of substance and alcohol on the body.

Funding for some activities was available from the PESSP in line with “Key indicator 1: The engagement of all pupils in regular physical activity” and “Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement”

Impact

Relax Kids taught both mindfulness and also massage techniques. The children produced a brochure with ideas which the class teacher sent out to parents before SATs. The ideas are also valuable for classroom use. In addition to these techniques the staff and children found the information interesting which explained the Science behind our brains and why we may feel different things in different situations and which parts of our brains are responsible for these feelings.

The lunchtime activity clubs support positive lunchtime behaviour. The children are happily occupied, active and come in calm and ready to work. The children enjoy trying different activities and new games, working with and encouraging others from different age groups whilst playing team games. The success of this initiative has resulted in it being extended to every lunchtime over the week.

The new PSHE scheme will be used this coming academic year 2019 -2020.

Many of the activities provide an additional opportunity for parents to work alongside their children in school.

The initiatives have given new opportunities in both curricular and extra-curricular time to promote health and wellbeing. Families have been involved.

Legacy

Stanion CE Primary School will continue to run its Lunchtime Activity Clubs programme alongside its usual lunchtime activities. The new scheme will provide a resource for teachers in their PSHE lessons and ideas from Relax Kids will be used in class.

In 2019-20 the school will be offering the “1.2.3 Magic” programme through Northants Children’s First to further support parents with children’s behaviour and wellbeing.

The combination of activities and opportunities offered alongside the specialist guidance it has received will support Stanion CE Primary School in providing its pupils with an environment which promotes wellbeing and health.