

**Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru**



**Welsh Network of Healthy School Schemes
National Quality Award**

**National Quality Award Report
of the visit to
Ysgol Gwenffrwd, Holywell**

**Date
16 & 17 May 2018**

Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Ysgol Gwenffrwd has demonstrated meeting all the criteria of the National Quality Award. These criteria are set out against 7 health topics which are shown below.

Schools that achieve the NQA are implementing wellbeing initiatives at the very highest level. In this report we highlight the particular strengths of your school's approach to promoting the wellbeing of everyone connected with the school. This report also identifies areas for continued development and consideration. We hope that the report is both an encouragement and a useful guide as pupils and staff at Ysgol Gwenffrwd seek to maintain and extend the excellent approach and embedding it even further in to school life.

NQA Criteria

1. Food and fitness (nutrition and physical activity)
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, sun safety, 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
- The existence of a positive approach to health
- Equality
- Links to other relevant national and local programme and policies.

(For further information on the NQA criteria please visit <http://gov.wales/topics/health/improvement/schools/?lang=en>).

Eurwen Hulmston

Summary of Visit

The foundation of all the work taking place at Ysgol Gwenffrwd is the health and wellbeing of the pupils. This is clearly highlighted throughout all aspects of school life. The school's self-evaluation clearly demonstrates that health and wellbeing are at the heart of the school's planning. The support for vulnerable pupils is exceptionally good, with staff trained to support pupils through schemes such as "Happy to Be Me", "Talk About" and training has been completed to introduce the "ELSA" (Emotional Literacy Support Assistant) scheme. Pupil participation is extremely strong and successful with groups of pupils responsible for so many aspects of school life. Often, these groups are self-sufficient, definitely meeting the requirements of this scheme. Representation from these groups make up the "Cabinet" of the school, which is responsible for guiding the pupil voice across the school and coordinating all activities.

Although it is the Headteacher who skillfully leads the healthy schools work within the school, which of course ensures that the scheme has status within the school, a team of excellent staff have taken responsibility for the seven areas covered by the healthy schools scheme, which then ensure that the scheme is cross-curricular, has a whole school approach and receives a strong commitment from all staff in the school. It was also pleasing to see the governing body's firm commitment to the work of the scheme, with the governors showing a clear awareness of the work and its importance. The school's policies are all clear and even though the county's template has been used for many of them, the school has adapted these so that all are fully relevant to the school. Pupil input is also clearly visible in a great many of the policies.

Communication is a very strong feature of school. Due to the wide catchment area of the school some pupils travel on a school bus and ensuring that parents receive information regularly is extremely important to the school. The website is vibrant and useful. I very much liked that all families have an opportunity at the start of each new curriculum theme to have an input into the work through the blogs, which are used by parents and pupils, to feed ideas. Letters also go home regularly and during the course of our conversation with parents, they were very complimentary about the methods used by the school to maintain close contact with the parents.

The curriculum reflects the most current requirements and includes important aspects of this scheme. Pupils' input to all aspects of learning is high and the school evaluates and develops the curriculum following discussions with the pupils and with the sub-teams of staff. The school structure of dividing the ages into specific departments, with groups of staff working together in each two year group e.g. Under-fives, under-Sevens, etc., ensures that a team of staff, teachers and classroom assistants can work together on the curriculum areas to ensure the best for their pupils. Another aspect that was clearly highlighted was the important role of the classroom assistants in the life of the school and the respect given to their good work.

The school building is vast and frankly, a difficult one for primary pupils but the school uses the space very wisely. The maintenance of a building of this size is very costly but the school is extremely well kept and particularly tidy and clean. The school grounds are utilized well and promote imaginative play and busy playtimes and the gardens and the flower pots are very successful. From the meeting with parents, we heard about the school's good support and commitment to children and their families. The school plays a strong role in the local community and promotes the Welshness ethos of the town and the area. It was a great pleasure to visit the school and see all the good work that is being achieved.

Highlights of the visit

Food and Fitness

The school has robust policies that follow local and national guidance and it is clear from all the good practice that we found, that the policies are operational. Pupils have input into some of the policies.

Food

- Fruit is available through the school at morning snack time and water only to drink. Foundation Phase pupils receive their milk during the afternoon break.
- Key Stage 2 pupils receive a multi-use bottle from the school and are encouraged to re-fill from the water cooler on a regular basis.
- The school cook's amazing collaboration with so many aspects of school life – taster sessions for parents, themed meal days to coincide with the school's thematic work, discussions with the eco-group and much more.
- The good work of the Ffrindiau Ffreutur (canteen friends) who help, not only with school dinners but with the pupils on packed lunches and also help with cleanliness.
- Parents note that the school's work on healthy eating has permeated deeply because the messages are coming home and pupils are reminding them of the health guidance.
- Extra-curricular cooking club at times throughout the year.

Fitness

- Year 6 pupils run a Mile a Day and the organising of this is part of the Chwaraewyr Da's responsibility (Sports Leaders).
- The whole school joins in the Deffrwrch Dawnsiwch (Wake up and Dance) session at the start of the morning under the guidance of Yr.6 pupils who create the dances. This is also part of the work of the Language Charter.
- Playtimes are very busy with lots of interesting equipment available and the Chwaraewyr Da are available to help or organise activities and the Mêts-Grêt (Playground Buddies) are there to help and make sure everyone is happy. Both roles receive considerable status within the school.
- The school's competitive sports teams have considerable success across a range of sporting activities.
- The Parent Teacher Association also supports this approach and has arranged a sponsored bounce and sponsored walks.
- Extra-curricular clubs include various sporting activities over the year.

Mental and Emotional Health and Wellbeing

- This is an area that is seen very clearly in all aspects of school life.
- Policies are clear and relevant to the school. The pupil groups have input into many of the policies.
- The extra support sessions, that we had the privilege to see, benefitted greatly the pupils involved - the "Happy to be Me" and "Talk About" groups with the ELSA project being implemented soon.
- The Webster Stratton work is effective in the Foundation Phase.
- The PASS (Pupil Attitude to School and Self) scheme is used annually and results are acted upon within the school.
- Pupil participation and pupil voice are extensive and highly successful. The Cabinet consist of pupil representatives from the eco-committee, the Language Ambassadors,

The eco-group, e-cadets, Digital Wizards, Chwaraewyr Da, Ffrindiau Ffreutur, Mêt Grêt and the Heartstart Crew. The Cabinet meets regularly and organises whole school activities. The group's maturity and self-confidence were excellent.

- Pupils' behaviour was very good. Sharing and being kind is an important part of the school ethos and is regularly reinforced by all staff.
- The praise and reward scheme is structured throughout the school, although there are differences in how the classes present it and is popular with the pupils. Golden Time is particularly popular.
- The business and enterprise work in Yrs.5 and 6 was very good.
- High status is given to all pupil participation roles with applications, interviews etc. Because of this pupils see all the jobs as extremely important and are very committed to their duties.

Personal development and Relationships

- Policies are up-to-date and rigorous, again with pupils' input into the safeguarding policy and the sex education and relationship policy.
- The work of the e-cadets plays an important role in the safeguarding work.
- All the Staff have received training on e-safety and on the delivery of sex and relationship education.
- The Tyfu i Fyny resource is used throughout the school; parts of the SENSE DVD are selected to use with the older pupils.
- The parents' pamphlet from the Tyfu i Fyny resource package was circulated to parents.
- Pupils from Yrs.5 and 6 sign a contract before doing specific work on sex education.
- A whole school service from the NSPCC on the theme of " Cofia Ddweud " (remember to talk).
- A healthy evening for parents included a presentation on this aspect.

Substance use and misuse

- Training on various aspects of medication for all staff members and the subject leader has also received up-to-date training on drugs education.
- Before the end of the summer term all pupils from Yrs.1 to 6 will have visited Pentre Peryglon (Danger Point).
- The "Keys" packs are used to introduce work for the pupils. Examples of good work on alcohol and drug education by pupils in Yrs.5 and 6 were seen in the evidence folders.
- Pupils in Yrs.5 a 6 created a PowerPoint presentation on smoking prevention.

Environment

- The school has received the Platinum Award from the Eco-Schools scheme.
- The highly effective school eco-committee meets regularly. One of their successes was a whole-school fashion show, with pupils creating something to wear from recycled materials – hats for Foundation phase pupils and clothing for pupils in KS2. Many parents came to support the event.
- Eco-committee's targets are included as part of the school development plan.
- The eco-committee co-operates with the school kitchen before deciding what to plant in the garden, as the cook uses some of the produce in the school kitchen.

- Gardening Club, held during the growing season. Each class is responsible for their own growing box. The poly tunnel enables more produce to be grown. Parents support the gardening work.
- The whole school site is completely clear of any rubbish and is very tidy.
- A great deal of re-cycling takes place, with the eco-committee responsible for the daily collection of fruit waste.
- Pupils have input into the choice of countries to be studied as part of ESDGC (Education for Sustainable Development and Global Citizenship).
- Good support for Fairtrade work.

Safety

- School staff have received a range of suitable training.
- Heartstart training for pupils in Yr.6. The Heartstart crew also leads the work for raising the funds to get a Defibrillator to be placed in the vicinity of the school site.
- Bikeability training for pupils in Yr.6 annually. Road safety work within the school for other pupils.
- E-safety is very strong within the school and the e-cadets won the Gold Award for work on this aspect.
- School safety procedures are strong – electronics locks, gates locked at specific times during the day etc. The "Lock down" scheme at the school has been practiced fairly recently.
- The school has a fairly new foyer, safe and comfortable, where visitors can sit while waiting for entry.
- All pupils from Yr.1 to 6 will visit Danger Point before the end of this term.
- Training on e-safety has been delivered to the parents during a healthy evening.

Hygiene

- All areas of the school are especially clean and tidy. There was no opportunity of visiting the pupil toilets until the end of the day, after the pupils had left, but before all the cleaning had been completed, but they were all clean and tidy indicating that the pupils respect the whole building. Pupils check the toilets and report any problems to the teachers.
- A staff member has attended training and then introduced the E-bug resource to the rest of the staff. The Glitter Bugs resource was also used with the whole school.
- Pupils from the school were victorious in a national competition to create a "wash your hands" poster.
- A Food Hygiene show took place in the school in October 2017.
- The school is twinned with toilets in Nepal.
- Design to Smile is delivered every day in the nursery and reception classes.
- The "Ffrindiau Ffreutur" are available to help at lunchtimes and are very organised.
- The older girls have access to suitable sanitary disposal facilities.
- A letter containing the infection exclusion length leaflet has been sent home to parents.

Areas for further consideration

- As your cooking club is so successful you might consider taking part in the Cogurdd competition.
- Aprons should be worn every time the pupils have any cooking activities.
- With the success of the mile a day scheme, perhaps it could also be extended to include pupils of Yr.5.
- Although the infection sheet has been sent home in a letter, it may be useful to display it clearly on your website. Adding a sentence about the 48 hour exclusion period after a stomach illness to the information already in your school prospectus would also be useful.
- The next time you send a letter about the importance of drinking water, include a sentence that mentions the importance of washing the bottles thoroughly with hot water and dish washing liquid would be a good idea.
- When you receive your breastfeeding poster, be sure to display it and maybe, again place it on your website.

Feedback to pupils

Dear pupils of Ysgol Gwenffrwd,

Thank you very much for making our visit such a pleasant one. It was great to have a chance to speak to so many of you and everyone was kind and courteous.

The presentation that we received from so many of you was particularly good. We enjoyed it very much and better than a few concerts I've been to. We had a very enjoyable journey around the school, thank you girls for guiding us and for showing us so much. You have a lovely school that is full of interesting things and it has to be said that you all respect it particularly well.

It is great to see that all pupils can have a voice and the work of the school council, the eco-committee, the Chwaraewyr Da, the Mêts Grêt, the Digital Wizards, the Ffrindiau Ffreutur, the Language Ambassadors, the e-cadets and the Heartstart crew are all enthusiastic and work very hard. It was a privilege to sit at a Cabinet meeting and listen to your orderly and interesting work. You are a very mature group and work very hard on behalf of all pupils at Ysgol Gwenffrwd.

One of the things that I noticed most in your school was that everyone seemed so happy and so much respect and care shown for each other and towards the environment. Everyone behaved well and were respectful, were very polite and kind to each other. Well done!

It was good to hear about your achievements in the Urdd and in sports competitions and it was lovely to join in your service and see the pupils sharing their achievements and receiving praise.

Thank you once again for making our visit such a happy one. You have a lovely school and your work and that of the school staff, ensure that you get the best possible opportunities in life.

Remember, you help to make your school a great place – somewhere that is safe, happy, busy and where you can learn how to be healthy and happy as you grow up.

Keep up with the good work and good luck for the future,
Eurwen Hulmston