

Tidworth Healthy Schools

Progress report May 2022



Tidworth Healthy Schools (2016-2022)

A presentation to the Tidworth Area Board from Wiltshire Council's Public Health department in 2015 highlighted high levels of childhood obesity for the area. Local Councillors wanted to act on this data and believed that the best way to address this issue was to work with and support local schools.

After consultation with Headteachers, a successful Area Board funding application in 2016 was used to reduce the financial and time barriers to the Tidworth Community Area schools engaging with the **Wiltshire Healthy Schools programme**.

The ambition of the Area Board is that the funding they have provided delivers a long term and sustainable Healthy Schools approach for Tidworth Community Area.

Phase 1 (2017-2018)

During 2017 five local schools worked towards and achieved Wiltshire Healthy Schools at Bronze level.

Phase 2 (2018-2019)

Having achieved Healthy Schools outcomes during phase 1, in a much shorter time than other Wiltshire schools, Tidworth Area Board provided similar support and funding for a second phase of Healthy Schools support. During this period 4 of the initial five schools achieved silver level, with an additional school joining the programme and achieving bronze.

Phase 3 (2020-2022)

Similar support was provided in 2020 to continue this work, and despite some disruption to school based activities during the pandemic, the number of engaged schools increased to 8 and each school has managed to make progress. However, there has been a delay in some schools completing the next level of accreditation due to recent events including a few key staff changes.

Schools attended an induction event during October 2020 and were offered support, including at local cluster networking events during the spring and autumn of 2021.

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Summary of outcomes and progress

Clarendon Infants	Achieved Bronze (2021-2024) now working towards silver
Clarendon Junior	Achieved Gold (2022-2025)
Collingbourne Pri	Plan to apply for gold in September. Hold Silver (2019-2022)
Ludgershall Castle	Achieved Gold (2022-2025)
Wellington Acad	Plan to apply for gold in September. Hold Silver (2019-2022)
Wellington Eagles	Achieved Bronze (2021-2024)
Wellington Lions	Achieved Bronze (2021-2024)
Zouch Academy	Plan to apply for silver in September. Hold Bronze (2019-2022)



Fruit tasting at Ludgershall Castle Primary School

Outcomes

Each school completed the full Wiltshire Healthy Schools audit, providing evidence to meet around 50 standards in the following themes: The Whole School Approach, PSHE Education, Healthy Weight, Emotional Wellbeing and Mental Health.

Schools at silver and gold level also submitted a case study of their targeted work showing outcomes for pupils which is included below.

Accreditation was awarded by a local multiagency quality assurance group including representatives from: Wiltshire Council, Public Health Nursing Team from HCRG Care Group, Wiltshire and Swindon Sports Partnership, Healthwatch, Wiltshire Police, Carer Support Wiltshire and Wiltshire schools.

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- **Clarendon Infants School**

The school achieved their bronze award in May 2021 to extend their accreditation which has been held since 2015.

The school have recently appointed a new Healthy Schools lead who is preparing their application for silver level.

- **Clarendon Junior School**

Following the success of the Clarendon Cabbage for the Healthy School Silver Award, the school decided to continue this initiative for the Gold award. This was particularly aimed at the new cohort of Year 3 children who would have been given free fruit & vegetables for their snack whilst in KS1 at the Infant school.



In addition to this, we decided to include another objective to keep children physically active at play times and lunch times. Teachers and MDSAs observed that the majority of children were not particularly active outdoors and had no physical aim or initiative to keep their physical activity focussed.

The school provided data to show that they had increased:

- the children consuming healthy snacks eaten for break time snacks from 66% in Sept 2021 to 78% by May 2022.
- the children who can skip from 24% in October 2021 to 35% in May 2022

For the '*Clarendon Cabbage*', each class has a chart, where every day the amount of fruit/veg eaten for snacks is recorded. At the end of the week, the totals are given to the PSHE coordinator who converts the amount to percentages per class. In our Star of the Week assembly on a Friday, the results are given and the class with the highest percentage keeps the knitted Clarendon Cabbage for the week.

The introduction of skipping ropes for each class has been a simple, yet effective way to increase the number of children who enjoy being physically active at break and lunch times. The children love to use the skipping ropes and have really developed their skills, confidence, and fitness levels. With classes also using the skipping ropes for additional exercise, e.g., for brain breaks, this has also given the children an initiative during the school day.

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- **Collingbourne CofE Primary School**

The school are currently working on a project for gold level, which they hope to apply for by the end of September 2022. This follows the school's silver project which increased the number of children eating two or more pieces of fruit or vegetables each day from 23% in Sept 2018 to 70% in June 2019.

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- **Ludgershall Castle Primary School**

The school felt the Gold Healthy Schools Award was a good opportunity to implement targeted work to improve the quality of packed lunches.

Children were encouraged to have fruit at break times by ensuring fruit and vegetables were readily available in each class. An ongoing programme of education, activities and competitions helped to make the intervention fun and memorable.

The school provided data to show that they had reduced the number of children who had unhealthy foods in their lunch boxes in Lower and Upper Key Stage 2 between April 2021 and March 2022.

This included

- a reduction in the number children who had chocolate or sweets from 40% to 25% and those who had crisps from 77% to 63%
- an increase in children who had fruit and vegetables from 65% in April 2021 to 83% to in March 2022.
- Children designed what a healthy lunchbox should look like, and a display was created outside the dining hall to which children contributed.



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Class competition results were shared with parents using the school newsletter, with the class who won for the term having a fruit and vegetable tasting experience with items they may not have tried before. The PSHE lead also contributed by adding healthy eating links and ideas to the school newsletter on a regular basis. Regular messages were included in the newsletter to encourage healthy eating and clarify that parental support would be welcome in support of the healthy lunchbox campaign.

The school plan to keep up lunchbox audits. The PSHE lead is starting an after school healthy eating cooking club and has registered for healthy eating week in June and will be carrying out many of the activities. A parent, a qualified nutritionist, has offered to promote healthy eating classes to parents now that COVID restrictions have been lifted.

- **The Wellington Academy**

The school has had a change of Healthy Schools lead, since achieving silver, and is preparing to apply for gold level by September.

There has been a lot of work happening over this period including a Pupil Charter designed to encourage wider participation, enrichment, physical activity, and increased confidence. Other recent work includes:

- Partnership with a school/charity in Kenya, including a 42 hour cycling fundraising event raising £1000 for Kenya.
- Wider enrichment opportunities including a number of sports such as golf, boxing, girls' rugby on offer each week with the expectation that all students take part in at least one a week
- A Student Leadership conference will be taking place in June
- A Ukrainian Art exhibition and partnership with a school in Ukraine has used art to support mental health.
- Work to identify and support young carers has been presented at a conference in Trowbridge during May 2022 and will be included as part of the Gold Healthy Schools case study

- **Wellington Eagles Primary Academy**

The school made a strong application for bronze level, during 2021 and successfully achieved accreditation for the first time. There has been a change of school lead and the school now hope to start work towards silver level.

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- **Wellington Lions Primary Academy**

The school made a strong application for bronze level, during 2021 and successfully achieved accreditation for the first time. There has been a change of school lead and the school now hope to start work towards silver level.

- **Zouch Academy**

Following the achievement of bronze level, the school hope to complete their silver application by September 2022. The silver level case study is likely to focus on the impact of work to support emotional wellbeing and resilience, which has been a specific focus since 2020.

Other recent work has included a healthy eating week in summer 2020 using national resources and communication with parents about school and home activities, with parents sharing photos of what was made at home.

The PE lead has introduced more lunchtime clubs and after school clubs have restarted during 2022. Whole school skipping workshops started in autumn 2021.

Mental health week in spring 2021 gave children time for wellbeing. Wellbeing activities for staff included a White Horse Federation challenge between schools counting miles cycled, sprinted or walked, as well as non-sport activities. The school valued both the weekly wellbeing staff meetings that were provided during the COVID lock downs and suggested activities for children.

Nick Bolton

Wiltshire Healthy Schools Lead

www.wiltshirehealthyschools.org