


# Southern Wiltshire Area Board Healthy Schools Project 2021/2022



What are the 'Five to Thrive' steps?		
Step	What's happening?	Importance for the brain
<b>RESPOND</b>	being emotionally available for someone	develops patterns in the brain for feeling safe and belonging
<b>ENGAGE</b>	close proximity between two people so nervous systems can match	develops patterns in the brain for connecting with others and trusting others
<b>RELAX</b>	supporting someone with attachment needs to relax	develops patterns in the brain for self-regulation
<b>PLAY</b>	processing the activity using positive non-verbal communication and stimulating the right brain	develops patterns in the brain for understanding and managing feelings
<b>TALK</b>	creating a narrative and stimulating the left brain	develops patterns in the brain for making sense of experience through the use of words and narrative



**Our School Entry**  
Peach & Raspberry Bread and  
Butter Pudding



# Southern Wiltshire Healthy Schools

## Progress report November 2022



### Contents

Southern Wiltshire Healthy Schools (2021-2022)	3
Summary of outcomes and progress	3
Individual school progress summaries	4
• Coombe Bisset C of E Primary School	4
• Longford CofE VC Primary School	4
• Old Sarum Primary School	5
• St Andrews CofE VA Primary School	5
• St Nicholas CofE Primary School	7
• The New Forest C.E. Primary School	9
• Winterslow CofE Aided Primary School	10
Appendix 1 Mental health training accessed and mentioned by the schools	11

# Southern Wiltshire Healthy Schools

## Progress report November 2022



### Southern Wiltshire Healthy Schools (2021-2022)

A project to improve health outcomes for children and young people was developed during 2021, with funding and support available to schools from the Local Area Board in the Southern Wiltshire area. This followed similar successful programmes in the Melksham and Tidworth areas.

The benefits of a whole school approach to health and wellbeing have been widely highlighted, including by [Public Health England](#) in 2014 and more recently by the [DfE and Public Health England](#) in 2021, with specific reference to mental health and wellbeing. The [Wiltshire Healthy Schools programme](#) provides resources to enable schools to implement and evidence this approach, including impact for pupils at silver and gold levels.

In November 2021 seven schools signed up for the Southern Wiltshire Healthy Schools project and received training from Nick Bolton, the Wiltshire Healthy Schools lead. A local cluster was formed, and school leads met at cluster network meetings during February and June 2022 to share good practice and progress. Five of the schools claimed the funding of £500 offered\* and four schools have so far been successful in achieving accreditation at either bronze or silver level.

The project was developed and supported by Karen Linaker, Strategic Engagement & Partnerships Manager for Salisbury, Southern and South West Wiltshire.

During a challenging year for schools, most were able to achieve accreditation in a relatively short time, which is a third of the usual period provided for other Wiltshire schools. Schools that have not yet achieved accreditation, hope to do so during 2023.

A summary of the accreditation outcomes for this year appears below. Further examples of the impact for pupils and provision at each of the schools follows.

### Summary of outcomes and progress

Coombe Bissett CofE Primary School*	working towards accreditation
Longford CofE VC Primary School	working towards accreditation
Old Sarum Primary School*	achieved bronze (2022-2025)
St Andrews CofE VA Primary School*	achieved bronze (2022-2025)
St Nicholas CofE Primary School	achieved silver (2022-2025)
The New Forest C.E. Primary School*	achieved silver (2022-2025)
Winterslow CofE Aided Primary School*	working towards accreditation

### Individual school progress summaries

- **Coombe Bisset C of E Primary School**

The school previously achieved silver level (2016-2019), although due to staff changes were not able to complete the accreditation process as planned this year. The school are positive that they can achieve bronze accreditation next year.

This year the school has been addressing aspects of health and wellbeing provision. Developments have included staff training for delivering relationships education in years 4, 5 and 6, which will help in equipping children in upper KS2 with the skills they need to successfully navigate relationships and puberty.

There is now a named staff member for mental health who will be receiving DfE assured training in January 2023. This will enable support for both staff and pupils and is an exciting development for the school, that takes pride in a nurturing and holistic view of every individual.

A local dentistry nurse visited, alongside a member of the school nursing team, to present a workshop for the children in years R – 2, which will be repeated. Oral hygiene is now part of the Early Years Foundation Stage curriculum, but the school have expanded the provision by purchasing resources for years R-2 as this is seen to be beneficial in meeting the needs of a wider age group.

- **Longford CofE VC Primary School**

The school previously achieved bronze level (2017-2020), although has not found time to complete the accreditation process this year. However, achieving accreditation will be a priority for 2023.

Health and wellbeing is promoted across the school and Longford have signed up to use the Jigsaw PSHE education resources to support this. Relationship and Sex Education workshops take place each year. The school employs gym, games, and dance specialists to encourage physical activity during the day and after school, as well as swimming lessons for Y3 and 4.

To support emotional well-being, the school works closely with behaviour and traveller support. Some children take part in wellbeing workshops with the Bridge.

There is much more happening at Longford, which will be reflected in their forthcoming Healthy Schools application.

# Southern Wiltshire Healthy Schools

## Progress report November 2022



- **Old Sarum Primary School**

The school achieved bronze level, for the first time, in October 2022.

The school's audit contained 21 pages describing their current provision and recent activities which included the following:

The school took part in the Wiltshire Children and Young People's (8 to 18+ years) Health and Wellbeing Survey 2021, which will provide useful data enabling the school to identify and support the current wellbeing needs of its children.

During Covid the school has expanded, so that two dinner servings are now required in the hall, where children sit who are having hot dinners provided by Cleverchefs. These children also have the opportunity to use the salad bar and have a choice of hot pudding, yoghurt and fruit. Lunch time assistants help children with cutting food if they need it.

Children in KS1 are supplied with free fruit and vegetables. Under 5's are provided with free milk, in addition to some older children who can purchase it. All of Key Stage 2 are encouraged to bring 'healthy' snacks to school to eat at breaktime. All children are encouraged to bring in water to school throughout the year and the school provides cups for those children who forget their bottle. Cookery practice is provided as part of design and technology lessons.

Children took part in children's mental health week, which was promoted at school, with activities including writing down worries and placing them in a worry box or monster. In addition to a pastoral manager, the school has two trained Emotional Literacy Support Advisers, who provide support for children, and have three members of staff who are Youth Mental Health First Aid trained. In October 2021 staff members received Five to Thrive: Attachment, Trauma and Resilience Training.

- **St Andrews CofE VA Primary School, Laverstock**

The school achieved bronze level, for the first time, in April 2022.

This year, using resources from Carer Support Wiltshire, the school has begun work to identify and support young carers. The school has updated their young carer policy and delivered an assembly, to raise awareness.





Children, through the School Council, have been involved in updating a School Happiness policy to make it more user friendly for pupils. A School Nutrition Group meets termly and advises on all aspects of school food including school lunches, packed lunches, cooking club and cooking lessons.

The Taste Task Force group also meets regularly and helps the School Catering Manager in changes to the school menus, the contents of healthy lunch boxes and the weekly special table awards. There has been a healthy cookie competition this year with a special tasting of all of the entrants. The previous competition for a healthy cake was won by a Year 6 boy with a courgette cake. This has been adopted as a pudding on the school menu.



*Above: The school entry for the Platinum Pudding Competition to design a pudding for the Queen. This was a national competition run by Fortnum and Mason. St Andrew's Primary School came in the top 50 out of 5000 entries. It was designed by the School Nutrition Action Group. Both puddings are now on the school menu.*

Good oral health is promoted throughout the school. Every child is encouraged to bring a bottle with tap water into school every day rather than juices or squash. Tap water is available on the tables at lunchtime for all children. The School Catering Manager ensures that the amount of sugar included on the menu is within the national standards. Good oral health is promoted through the Jigsaw PSHE lessons.

School clubs re-started after the Covid restrictions and every child at the school is encouraged to participate in at least one hour of after school physical activity club every week. Training for the Mini Marathon is available to all KS2 pupils.

During September 2022 the school has appointed and trained a Senior Mental Health Lead. The school applied for and received DfE funding to pay for additional resources and training to support the mental health needs of children. Also during 2022 several staff have attended Youth Mental Health First Aid training.

- **St Nicholas CofE Primary School**

The school already held bronze level until 2023 but have upgraded this by achieving silver in October 2022.

During the last year there has been successful work to promote healthy eating at breaktime. The school wanted to increase the number of children choosing to eat a snack at breaktime, but more importantly to increase those choosing a healthy snack. The children, after examining the results from the Wiltshire Children & Young



People's Health and Wellbeing Survey 2020 & 2021, felt that they needed more support in making healthy food choices.



A healthy snack competition was launched in May, with a reward for the winning class – to look after the Porton Pea, a crocheted pea pod, for the next week. In addition to the competition other strategies have been used to educate children about healthy eating. Termly food tasting sessions have taken place which have included children tasting raw rhubarb, radishes, raspberries and spring onions. Class teachers have been given resources with information about the food they are trying and other ways to eat those foods, to encourage children to 'not give up' if they initially dislike the food. Parents have been kept in the loop with regular PSHE/Healthy Schools newsletters.

Collecting data at several points, enabled the school to show that were successful in increasing the number of children having a breaktime snack from 71% to 76%. Children choosing a portion of fruit or vegetable at snack time increased from 50% to 94% between February and September 2022.

As this has been a successful project, the school have decided to continue the work.

Other work that the school has reported, as part of their 50 page Healthy Schools audit includes an oral health workshop in June for younger children, sun safety awareness in May and also during this month an Olympic athlete to promote sport and exercise.

Towards the end of 2021 the school changed catering provider to Cleverchefs and introduced an attractive salad bar, for children to help themselves. Cookery opportunities are provided and children have been encouraged to grow fruit, herbs and vegetables. The school council and governors were involved in reviewing the school food policy in January 2022.

There has been a lot of work to promote the wellbeing of children, with a focus on developing support for young carers. Staff including the SENCO and ELSA have worked with vulnerable groups to support their emotional wellbeing. Staff have accessed a range of training this year to support children with SEND and their emotional health.





- **The New Forest C of E VA Primary School at Landford, Nomansland & Hamptworth**

In October 2022 the school achieved silver level, previously having achieved bronze.

A significant piece of work this year was a successful project to increase tooth brushing and educate children about good oral health. An increase in squash and juice had been noticed in water bottles, after the pandemic school closures. Although 92% of children said that they knew that tooth brushing was important, the school felt that they could improve the numbers regularly brushing their teeth.

After an initial survey, assemblies were delivered to introduce the initiative to the children across the whole school. All pupils were keen and eager to take part. In each classroom there were charts to complete for children to tick if they had brushed teeth the night before and in the morning. Teachers and staff raised awareness about teeth brushing regularly, including in their PSHE lessons where pupils were able to talk about the importance of teeth brushing. To complete the initiative pupils carried out the survey again to gain an understanding of the impact that had been made.

The surveys were able to show that the numbers of children brushing their teeth every morning increased from 61% to 85%. Children who said that they sometimes or never brushed in the morning decreased from 39% to 15%, with 0% saying that they never brushed their teeth in the morning by the end of the project.

The numbers of children brushing their teeth every night increased from 67% to 82%. Children who said that they sometimes or never brushed at night decreased from 33% to 18%, with 2% saying that they never brushed their teeth at night by the end of the project.

School staff also noticed a decline in squash being brought into school in water bottles. Children were making conscious efforts to only bring water. Staff spoke regularly about the importance of water and that it does not contain sugars that can harm teeth. 97% of children told us that they bring water to school compared to the 85% of children prior to the initiative starting. The school are pleased with progress made and hope to continue this work into the next academic year.

As part of the school's application for silver level other work was described to promote children's health and wellbeing including buddy systems where children from year 6 look after younger children during break and lunchtimes, work of the School Council and Eco Council.

The school has also gained a gold school games award, for which it was required to provide access for children to 1 hour of physical activity per day. Using Sport Premium funding the school has been able to purchase air gym equipment at the KS2 site which children are very keen to use during playtimes and lunchtimes. They

are also used within PE lessons. The promotion of physical activity is combined with the curriculum to share the importance of healthy eating and keeping healthy in a range of ways.

The school has recently adopted the Your Mind Matters charter at KS2 and are looking into a KS1 friendly alternative. KS2 has offered Yoga club to children which included periods of reflection and meditation. Teachers also have access to the 2 minute relaxation sessions on the 5-a-day resource.

- **Winterslow CofE Aided Primary School**

The school are working towards achieving bronze level which, following some recent staff and organisational changes, they hope to achieve during 2023.

The school are passionate about wellbeing. Post covid the Wellbeing Curriculum really supported children's return to school. Since then, a Wellbeing Steering group has been created, made up of staff, children, parents and governors that focus on different areas of wellbeing in school. A staff wellbeing package is provided by the Trust.

During the last year the Headteacher has become a Senior Mental Health Lead, following a national training programme delivered in Wiltshire, and has appointed a new PSHE education lead.

There is a child friendly anti-bullying policy and a whole school policy is currently being written, involving children. The school is currently changing its catering provider, to Cleverchefs, which will improve the food offer in school.

The school works collaboratively with other local schools and has organised cluster wide training sessions to reduce and challenge discriminatory language, including through PSHE education.

## Appendix 1

### Mental health training accessed and mentioned by the schools

- **Emotional Literacy Support Assistant (ELSA)**

The ELSA programme is a six-day training course for teaching assistants to enable them to plan and deliver individual and small group interventions to pupils with additional emotional, social and behavioural needs. ELSA is a national network, of which Wiltshire Council Educational Psychology Service is a member.

The ELSA programme was developed to build the capacity of schools to support the emotional needs of their pupils from within their own resources. It is based on the view that all children are different, and they should be nurtured according to their needs. [More information about local delivery.](#)

- **Five to Thrive: Attachment, Trauma and Resilience Training**

This training, from Knowledge, Change, Action (KCA), aims to upskill people who work with expectant parents, children, young people and families in Wiltshire to support secure attachment, promote self-regulation and resilience and to develop trauma informed practice. Training sessions are via a virtual platform and are interactive. Five to Thrive focuses on a set of five key principles – talk, play, relax, engage and respond. This training programme is part of the Families and Children's Transformation (FACT) programme and provides training to ensure those working with these groups can provide a positive impact.

This training is free for all schools in Wiltshire. [More information about local delivery here.](#) And the [current offer for local schools.](#)

- **Senior Mental Health Leads training**

Between September 2021 and March 2023, the DfE are offering schools and colleges in England training that provides a senior lead in the school, with the knowledge and skills to implement and sustain a whole school or college approach to mental health and wellbeing. Schools that attend the training are eligible for a grant for further training, to help the lead develop or introduce a whole school or college approach to mental health and wellbeing. DfE assured training is available from a range of national providers, including Wiltshire Council. [More information about local delivery here.](#)

- **Youth Mental Health First Aid**

Youth Mental Health First Aid (YMHFA) is an internationally recognised programme designed to promote awareness of psychological and emotional well-being and mental health and to support professionals to recognise and respond to mental health issues in 8-18 year olds.



The Youth MHFA course is available as a ½ day, 1 day or 2 day course and will enable those that work with young people to:

- Recognise the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a mental health problem
- Guide a young person towards the right support

The course has been developed by Mental Health First Aid England and is offered by a range of organisations, including Wiltshire Council. [More information about local delivery here.](#)

Report author: Nick Bolton (Personal Development Adviser, Wiltshire Council)

[www.wiltshirehealthyschools.org](http://www.wiltshirehealthyschools.org)