

**CASE STUDY - TO INCREASE HEALTHY LIFESTYLE HABITS
re: BEING & FEELING HEALTHY**

NAME OF SCHOOL

BICKLEIGH-ON-EXE CE PRIMARY SCHOOL

HEALTH THEME

**MAINTAINING A HEALTHY WEIGHT THROUGH THE
PROMOTION OF HEALTHY EATING & PHYSICAL
ACTIVITY**



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Draw & Write assessment carried out to find out the children's understanding of concept of 'healthy lifestyles' [5 statements]
- All KS staff involved in emphasising this focus within their teaching plans
- Variety of visitors invited to come to the school to share their knowledge and experience around this theme e.g. celebrity chef, cyclists from Tour of Britain, School Nurse, professional athlete, local community etc.
- Involving the whole school community in food based activities e.g making Christmas puddings for school lunch
- Parents of each class were invited to join their children for lunch and then join them outside for playtime afterwards
- Parents sent information re: healthy foods and healthy lunch boxes
- Morning aerobic sessions introduced on a daily basis for all children, teachers and teaching assistants
- Partnership links with students from Tiverton High School – multi skills workshop for Years 2 and 3
- Tri-golf workshop for KS2 children

EVIDENCE OF IMPACT

- Draw & Write assessment repeated – [2009] 32% of children identified the 5 statements measured. This increased to 56% in 2011 [target 50%]
- Children’s statements re: healthy lifestyles have become more comprehensive e.g. ‘laugh everyday’, ‘don’t worry’, ‘talk and share your feelings’ as well as ‘try different foods’ etc.
- Children and staff are now involved in morning aerobics and are really enjoying the sessions. It has been noted that children who come to school by bus and car are finding the sessions extremely helpful
- The number of parents attending school lunch has increased. These lunches have now become an annual event
- Meal time assistants gave positive feedback re: seeing the children interacting with their parents and playing team games
- Ofsted judged the school Outstanding in ‘Healthy Lifestyles’ section

REFLECTIONS FROM THE SCHOOL

The implementation of this intervention has made a fantastic difference in school. Healthy lifestyles are now promoted throughout the school and at all times. Throughout the year numerous outside visitors spoke to the children about various aspects of what a healthy lifestyle means. Use of these visitors helped to keep the children interested. Through exploring healthy lifestyles, children and parents have become more informed about being and feeling healthy.

For further information regarding this intervention, please contact -

CONTACT NAME	LINDA LAKE – PSHE CO-ORDINATOR & HEALTHY SCHOOLS PLUS LEAD TEACHER
CONTACT DETAILS	Telephone : 01884 855357
	Email : admin@bickleigh.devon.sch.uk