



HEALTHY SCHOOLS CAMBRIDGESHIRE AND
PETERBOROUGH

St Peter's School Healthy Schools Award

The Impact



Cambridgeshire
County Council



YMCA TRINITY GROUP

<https://healthyschoolscp.org.uk/>

St Peter's School

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The Healthy Schools award is such a worthy achievement for all the staff at St Peters who have remained committed throughout all the challenges presented by the pandemic to establish a robust health agenda throughout the school.

The engagement with local as well as national programmes and initiatives reflect the priority and commitment of the school to constantly seek improvement and diversity in provision.

As part of and in addition to the Healthy Schools Award, the school has initiated several projects which are testimony of the hard work and commitment to ensuring the students gain the confidence, life skills, and knowledge needed to make healthy life choices:

The Healthy School Awards - Healthy Schools
(healthyschoolscp.org.uk)

Here is a summary of the work undertaken as reported by the school:

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Food Smart

Through completing the standards for the Food Smart award, we developed a greater awareness of healthy food options, via posters in school, our website for year 6 transition sessions, and through a variety of interested staff developing gardening opportunities for different groups of students, e.g., Duke of Edinburgh volunteers, Strive and Nurture students, both in school and on our allotment. In addition to this, the school canteen has been recently refurbished and the food options have been reviewed to allow for more plant-based and sustainable options.

<https://healthyschoolscp.org.uk/healthy-eating/food-smart-resources/>



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Active Travel Plan

There has been a wide range of input from staff, students, governors, and a local councillor to highlight the value of improving our journeys to school using sustainable travel.

This has involved the building of more cycle storage, the installation of a staff shower room to enable staff to cycle to work, and the creation of a map with cycle advice provided on the website to facilitate more environmentally friendly cycling to school.

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Peterborough: Rebecca.Presland@peterborough.gov.uk



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Physical Health - Opening Schools Facilities

The school received a grant in the region of £15,000 from Living Sport which has had a tremendous impact on our students. This allowed for the school facilities to be opened up to students to allow them to move more, see and make new friends, and to concentrate on something else rather than schoolwork during break and lunchtimes.

Activity provision within the school facilities, comprising of a Sports hall and Astroturf, was zero before the grant was received. The money received allowed for equipment to be purchased to allow for a dodgeball and futsal club to be created during break time and a basketball club to be created at lunchtime. All clubs see 40+ students attend regularly.

Other sources of funding have enabled Archery to be a regular club and there are also plans for a Bouldering wall to be erected adjacent to the Sports Hall. Further to this, Peterborough United is also delivering a coaching session for girls' Futsal after school.

Contact: chris.dennis@livingsport.co.uk



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The Active Lives Survey.

The Head of PE uses the Active Lives survey to measure the impact which the Active Lives grant has had on the student body. The Head of PE sees the survey as a great tool to see the activity habits of the students and to compare the data with the national picture. The Active Lives survey also contributes to a bespoke PE department student voice so the needs of the students are addressed, and all students can have access to different forms of physical activity. This survey was implemented alongside a Student Voice consultation which was organised in 2021 by the School Games Organisers. This allowed the Head of PE to address any issues that emerged such as decreased activity levels due to the pandemic.

Contact:

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Dragon's Den

Another fantastic opportunity which resulted from completing the Active Lives survey and working with Living Sport was a Dragons Den type activity where an extra £1000 was made available for students to create their own physical activity club. Working with the Year 10 High Prior Attaining cohort, Living Sport provided an initial presentation which outlined the project and got the students thinking about a physical activity club that St Peter's would not normally provide such as Slamball, Kinball, and Laser Tag. The students' ideas and presentations were fantastic and gave the students involved a chance to pitch their ideas in front of Living Sport, the Head Teacher, and a member of the PE department. The winning pitches were Laser Tag and Spike Ball and our students at St Peter's will undoubtedly benefit from these new sports, in terms of their health and social opportunities.

Contact:

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Mental Health Blueprint and Competency Survey

In September 2020, The Designated Mental Health Lead attended the Wellbeing for Education Return Forums run by Dr. Tom Hughes. The sessions focused on the difficulties that students may face returning to school post lockdown and allowed staff from different providers to share good practice and learn about the different mental health concerns that students were presenting with. Through the forum, St Peter's School completed the Blueprint for Mental Health which allowed us to make plans around mental health. The sessions also provided St Peter's with resources to support staff's understanding of mental health in young people.

As part of our work with the Trust, St Peter's School has also completed the Mental Health Competency Framework. The majority of staff completed this questionnaire which allowed us to identify what training needed to happen in school. As a result, all St Peter's staff have completed the Introduction to Mental Health, and the Mental Health lead has completed the YMCA Train the Trainer training so that the contents of this can be cascaded to other members of staff.

<https://healthyschoolscp.org.uk/mental-health-and-emotional-well-being/the-mental-health-competency-framework/>



<https://healthyschoolscp.org.uk/>

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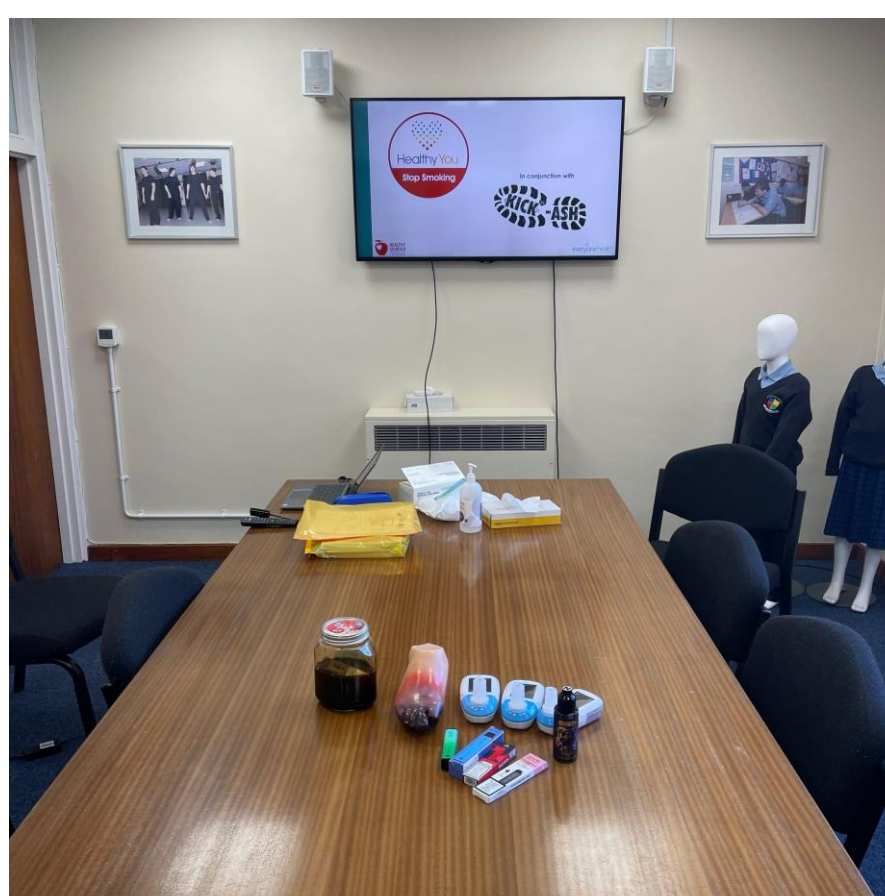
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Healthy You Stop Smoking/Vaping Service

Since the start of 2022, 20 students from Years 9, 10 and 11 have accessed the school-based stop smoking and vaping sessions delivered by Healthy You. These sessions provide a proactive and positive approach to encouraging the students known to smoke and vape to reflect on their behaviour and so make an informed decision about their future life choices. The school is also supporting the Kick Ash prevention programme and through the transition work with its feeder primaries is championing the importance of remaining smoke and vape free.

<https://healthyschoolscp.org.uk/pshe/smoking-and-vaping/>

Contact: paigefurnell@healthyyou.org.uk



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NHS Health Checks For Schools

In 2019, St Peter's School also organised for the staff to have a Health Check on the school site. This was aimed at staff who were 40+ with no underlying health conditions, but the practitioners who attended also completed other checks on those staff who did not meet the eligibility criteria. Staff appreciated the health checks and for some it was an indicator that they needed to visit their GP for further investigation. The Health Checks were spread across 2 days as there was a significant number of staff who wanted to be involved in the scheme.

<https://healthyschoolscp.org.uk/news/nhs-health-checks-for-school-staff-2/>

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<https://healthyschoolscp.org.uk/>