



HEALTHY SCHOOLS CAMBRIDGESHIRE AND
PETERBOROUGH

Bar Hill Primary
School - Healthy
Schools Ambassador
Award 2024

The impact of Healthy Schools
Ambassador Award



PECT
CREATING SUSTAINABLE PLACES

LIVING SPORT
INSPIRING ACTIVE LIFESTYLES

VISIONZERO
PARTNERSHIP
Delivering Safer Roads for Cambridgeshire & Peterborough

CAMBRIDGE CURIOSITY
AND IMAGINATION



**HEALTHY
SCHOOLS**
CAMBRIDGESHIRE
& PETERBOROUGH

**VEG
POWER**

South Cambs
School Sports Partnership

Cambridgeshire
County Council
**CAMBRIDGESHIRE
PSHE
SERVICE**



Healthy You

Bar Hill Primary School - Healthy Schools Ambassador Award

Summary of Achievements

The Healthy Schools award is an honourable achievement for all the staff and pupils at Bar Hill Primary. We are committed to maintaining a long-lasting health agenda throughout the school. We pursue involvement in local, as well as national programmes and initiatives exhibiting 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, our school has initiated several projects which are testimony to the hard work and commitment of ensuring the students gain the confidence, life skills, and knowledge needed to make healthy life choices.

PECT Workshops

We were lucky enough to work with Heidi from PECT on a number of projects. Food and nutrition is a major part of all our lives; it impacts us both physically and mentally and this is no different for children. A healthy diet has a positive impact on how well children do in school as well as their overall health and well-being. Getting children to eat well is a challenge. Initially we invited Heidi in to deliver a workshop to parents during Open Evening where she demonstrated the benefits of school meals both in terms of cost and nutrition. She returned to work with our Eco Warriors, School Council and Food Buddies during an afternoon session on food waste.



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Summary of Achievements



The assembly which followed saw the whole school being taught how to ensure they have a healthy plate of food – using their hands to measure portion size. To conclude our day, staff also benefitted, during a CPD session, from her expertise and learned how to deliver lessons on food preparation and healthy choices – this fed into a collapsed curriculum day around healthy eating and mental health. Heidi came back to deliver workshops around safe knife skills when preparing food for UKS2 along with a second assembly for the whole school. Furthermore, we attempted the use of the Growing Tower within our school, and this spurred us on for summer events of vegetable growing.

Health Related Behaviour Survey

Our UKS2 pupils participated in the completion of the annual HRBS. The survey, managed by the Schools Health Education Unit (SHEU), has a national reputation for its relevance across a wide range of important health and wellbeing issues. The survey, which is of immense value of personal wellbeing, also provides data that supports strategic planning for children in PSHE lessons. Our targets for last year were based around levels of physical activity. Based on our results we ploughed efforts into not only healthy eating but increasing participation in physical activity.

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School Sports Partnership

Based around our HRBS focus, we welcomed Claire from the South Cambridgeshire School Sports Partnership to deliver CPD to staff through the creating an Active School workshop. The workshop supported us in boosting health and academic achievement for pupils by encouraging children to 'sit less and move more' whilst increasing physical activity throughout the school day. The workshop gave a brief overview of the challenges in terms of obesity, children's physical activity levels and overall health and wellbeing. It helped staff to understand the benefits of active approaches in school and gave lots of simple practical ideas and solutions to increase daily physical activity and reduce sitting time for every child.

Furthermore, we carried out our annual sessions of Balanceability and Scootability – 6 half an hour session for EYFS and Year 1. Balanceability is an Early Years programme aimed at teaching children the skills to ride a pedal bike without using stabilisers. It promotes the fundamental skill of cycling which is balance. Scootability is a scooter programme aimed at teaching children in Year 1 how to ride a two wheeled scooter safely and enjoy the freedom and fun that riding a scooter provides. The programme promotes balance, coordination and sensory integration and encourages active travel to and from school.

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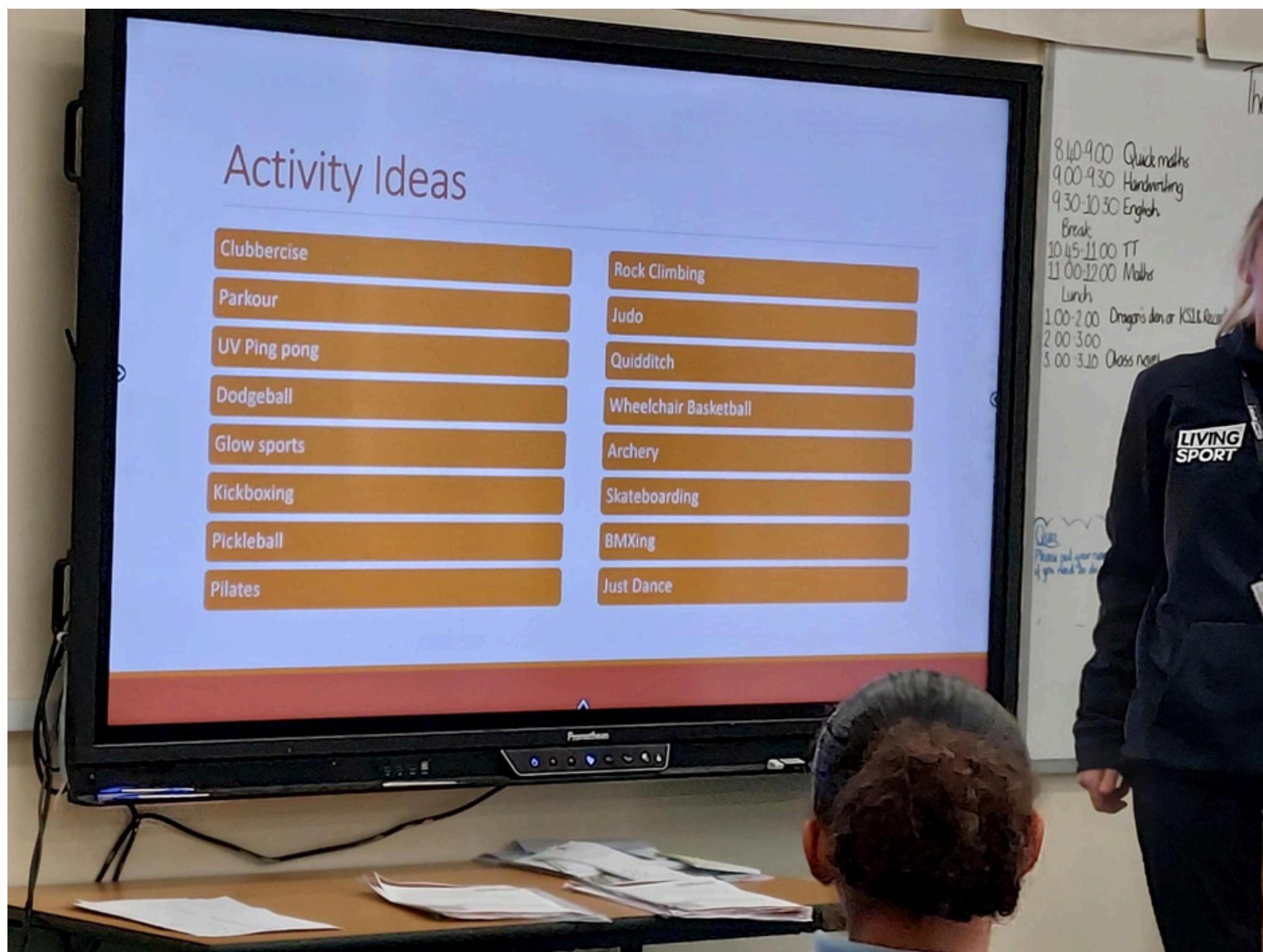
Living Sport

We have had a great deal of opportunity to work with Living Sport. They have enabled us to partake in a number of initiatives, all bringing about change for the School community.

-Dragons Den

-Opening Schools' Facilities (OSF) (£11,000 funding)

-Active Schools (£500 funding)



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Dragons Den

Another fantastic opportunity which resulted from working with Living Sport was a Dragons Den type activity where £1000 was made available for students to create their own physical activity club. Working with 25 actively-reluctant pupils from Year 6, Living Sport provided an initial presentation which outlined the project and got the students thinking about a physical activity club that Bar Hill would not normally provide such as Nurf-wars, Kinball, and Laser Tag. The pupils' ideas and presentations were fantastic and gave all involved a chance to pitch their ideas in front of Living Sport, the PSHE lead, finance manager and a member of the PE department. The winning pitch was musical trampolining. The club will be up and running for 15 Key Stage 2 children, during Spring 2 and the undoubted benefits from this new sport, in terms of health and social opportunities is very exciting for everyone involved.



LIVING SPORT
INSPIRING ACTIVE LIFESTYLES ▶

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Active Schools

Thanks to the Active Schools Fund we were able to attend the PE and Sport Conference in February, the first since 2019. The benefits gained saw us acquiring resources and practical ideas enhancing those delivered by School Sports Partnership earlier in the year. We were able to draw connections between PE, PSHE and LOSEC. We are looking forward to accessing the Active Lives Survey in the Summer Term. The survey asks about healthy lifestyles and leisure, recreational, and cultural activities. It is being conducted on behalf of government agencies. With the funding we gained from our participation in the Active Schools programme, we are able to build on the work carried out through the School Sports sessions of Balanceability/Scotability in EYFS and KS1. During 'Big Wheels Week' children from LKS2 are being exposed to skills of a skateboarding champion. Mike Mike Mullen BMX info & bio - BMX Academy Growth Mindset on Wheels - School Assemblies & BMX Workshops is passionate about the power sport has to motivate young people in a very positive way, both physically and mentally. His passion is not just to teach Skateboarding/BMX but to help people to improve their growth mindset, confidence and wellbeing. To build belief, find courage, boost resilience and unlock hidden potential. The children are partaking in physical workshops throughout the day to ignite their enthusiasm for physical activity outside of PE lessons.



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Active Travel Plan

There has been a wide range of input from staff, pupils, and the local community to fundraise and highlight the value of improving our journeys to school. The Junior Travel Ambassadors (JTA) have been working closely with Maree to be involved in improving road safety around our school site. The JTA have hosted assemblies launching competitions offering incentives to everyone in school during Be Bright Be Seen week in October, Big Wheel Week in March and Walk To School Week in June.



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Healthy You Crew

As a school we have had access to, and incorporated, some of the Healthy You Virtual Festival 2024 videos. Teachers and classes have used these in their classroom to support the target of 60 active minutes per day.

We are in the processes of piloting Healthy You Crew within our school using our existing Food Buddies and their enthusiasm for healthy eating.

Alongside this, the same children will be overseeing the scheme of Veg Power/Eat them to defeat them. In the Summer Term, we will see every child in school benefitting from 'Growing To Love' whereby we will all be planting and nurturing our own tomato plants. Research shows that growing vegetables is constructive for many reasons and that children are more likely to try the food they have helped to grow.



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In addition, encouraging engagement and bonding with the vegetable creates a pathway to consumption. Learning all about how we grow food is not just good for children in terms of encouraging healthy eating, it's important to develop their understanding of the food chain, climate, sustainability and our environment. Children learn by getting stuck in and getting their hands dirty! So, involving them in a growing project is ideal for their development. We believe it is essential that we conclude with every child trying a vegetable.

Cambridge Curiosity and Imagination

We are in the process of launching an arts-in-nature programme that supports creative learning, early intervention for mental health and well-being. Whilst linking Learning Outside the Classroom, PSHE and forest school activities it places creativity and imagination at the heart of a practice that connects children and communities to their local environments and landscapes. The practice has been co-created with artists, children and young people in conjunction with Cambridge Curiosity and Imagination.