

School summary sheet: LT demo school (666)

Date when awarded Healthy Schools Status	
% Free School Meal entitlement (FSME)	1.00
Number Children In Care (CIC)	140

1. Emotional Health

1.1 Healthier behaviour outcome	Increase in the number of children/young people who understand and actively communicate the five ways to well-being
What did your analysis tell you / why was intervention chosen	We noticed that our pupil wellbeing score was below the county average from the Pupil Wellbeing Survey. We followed this up with a school based survey asking pupils questions to do with wellbeing and ways they could support their own mental health. Their answers were analysed and discussed in a staff meeting. We agreed that we needed to have a whole school input into helping children understand the concept of wellbeing and ways they could support it.
Needs analysis	Audit - school specific Online Pupil Survey Data
Participation groups	KS2 C+YP
Number of CYP / Staff in participation group completing baseline measure	120
Number of <u>targeted</u> CYP / Staff in participation group completing baseline measure	25

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<p>How did you select your target group</p>	<p>The target group were made up of those pupils whose needs analysis questionnaires showed a lack of understanding in relation to wellbeing together with pupils which had been identified by staff as needing further input.</p>
<p>Measurement techniques</p>	<p>Other School based questionnaire</p>
<p>Baseline measure date</p>	<p>26/04/22</p>

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Intervention work carried out

Pupils were given a survey to ask if they were able to define the term 'wellbeing', if they knew or had heard of the five ways to wellbeing and if they knew ways they could boost/support their wellbeing. We then introduced the five ways to wellbeing in a whole school assembly at the start of term. Each week after that we had an assembly at the start of the week about one of the five ways, starting with connect. That 'way' became the focus for the week with staff following up in class to discuss and define concrete strategies that pupils could use to help them support their wellbeing. MDSA's were also briefed so they could positively comment on children they could see using strategies at lunchtime. Parents were informed of each 'way' via the weekly school newsletter and we created a 'five ways to wellbeing' page on our website. The Friday celebration assembly celebrated those pupils who had been showing positive strategies for that week's 'way'. The baseline survey was given again at the end of six weeks and results analysed in comparison with the baseline data.

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<p>How intervention has impacted CYP / Staff</p>	<p>The whole school focus has had a big impact on pupil behaviour in both lesson time and playtime. Children are using the language of the 'five ways' on a day to day basis. Parents have supported the intervention and have enjoyed the Friday celebration assembly and have told us that they have reinforced these messages at home. One parent said, 'I never really understood what the word wellbeing meant but this has made it really clear. It's helped not just [my son] but also myself. Thank you so much.' At the start of the survey only 33 children could clearly define the word wellbeing, only 17 knew what the five ways were and only 15 could suggest strategies for boosting their own wellbeing. This increased to 109, 105 and 98 respectively.</p>
<p>How did you define significant progress</p>	<p>Significant progress was defined as those pupils who could not only define the term wellbeing but could describe concrete wellbeing strategies for at least three of the five ways.</p>
<p>Final measure date</p>	<p>17/06/22</p>
<p>Number of CYP / Staff from whole group that have shown <u>any measurable</u> progress</p>	<p>120</p>
<p>Number of CYP / staff from whole group that have shown <u>significant measurable</u> progress</p>	<p>98</p>

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<p>Number of <u>targeted</u> CYP / staff within the whole group that have shown <u>any measurable</u> progress</p>	<p>25</p>
<p>Number of <u>targeted</u> CYP / staff within the whole group that have shown <u>significant measurable</u> progress</p>	<p>19</p>
<p>Next steps as a result of intervention</p>	<p>Building on the success of the intervention we now plan to introduce the positive playtimes practice into our playtimes, with zones defined according to each of the five ways. We will continue to reinforce and celebrate good examples in our Friday assembly with a weekly 'Connect certificate', 'Be Active certificate' etc. Those pupils who did not make the expected progress will continue to be monitored and the five ways ideas will be reinforced with them in class and/or small group work. They will take the survey again in the autumn term to check their progress.</p>

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Explanation of columns

- *Participation groups* - All the features that best describe this group of CYP / Staff as to why they are being targeted
- *Number in participation group* - How many CYP / Staff are in this group
- *Measurement techniques* - How the level of behaviour/attitude is going to be measured
- *Number completing baseline measure* - How many CYP / Staff completed the measurement technique to give the baseline figure
- *Number of CYP / Staff that have shown measurable progress* - Number of CYP / Staff in participation group who completed baseline measure that have shown measurable progress from their starting point
- *Number of CYP / Staff that have shown significant measurable progress* - Number of targeted CYP / staff in participation group who completed baseline measure that have shown measurable progress from their starting point

School participation in programmes

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Confirmation taking part in NCMP (Primary)	Yes
Taking part in OPS - PWS	Yes
Taking part in MHFA Lite	No
Taking part in MHFA 1 day	No
Taking part in MHFA 2 day	Yes
Taking part in Boxall profile and nurture groups	No
Taking part in Music Works	No
Taking part in Reflective supervision	No
Taking part in Daily Mile (or equivalent)	Yes
Taking part in Zippy/Apple's Friends	Yes
Taking part in NSPCC Speak Out Stay Safe	No
Taking part in E-bug	Yes
Taking part in TISUK (Trauma Informed)	No
Taking part in Lumi Nova	No
Taking part in myHappyMind	No