

Gwobr Ansawdd Genedlaethol  
Rhwydwaith Cynlluniau Ysgolion Iach Cymru



Welsh Network of Healthy School Schemes  
National Quality Award

National Quality Award 3<sup>rd</sup> Reassessment Report  
of the virtual review of  
Ysgol Gelli Aur/Golden Grove C. P. School

**Welsh Network of Healthy School Schemes National Quality Award**  
**Report of the 3<sup>rd</sup> reassessment of Ysgol Gelli Aur/Golden Grove C. P. School May 2021**

### **Leadership and Communication**

Since the school achieved the National Quality Award (NQA) in 2015, the 1<sup>st</sup> reassessment in 2017 and 2<sup>nd</sup> reassessment in 2019 health and wellbeing has continued to be a high priority for the school. A wealth of new initiatives have been introduced and embedded within the value system of the school.

Health and wellbeing has always been a priority for Ysgol Gelli Aur and during this past exceptional year this has continued to be a key focus with numerous new initiatives, resources and support mechanisms put in place. Staff have received Trauma Informed Schools, Empathy Lab, Mindfulness and LGBT training, all of which are included in curriculum planning. Planning for the new curriculum and sharing of resources has been undertaken together with all schools in the cluster and staff have been grouped under the new curriculum headings.

Staff wellbeing has been supported during this past year through Teams meetings and WhatsApp which have included fun challenges. As part of the asymmetric timetable staff are also provided with wellbeing sessions.

There continues to be an effective 'open door' policy, parents are welcome and access the school for advice and support. During this extraordinary year families have been supported by phone calls, regular emails and virtual or face to face meetings when necessary. Laptops have been provided for families and vouchers for Wi-Fi given. The ELSA staff played an active role in supporting families during 'lockdown' with 'check-ins' and online sessions.

Links have been made with Trinity University College for research on 'Emotional Health and Digital Learning' and 'Emotional Health and the Outdoors'.

The previous work has continued and developed further with new initiatives undertaken.

The school is COVID-19 compliant, all risk assessments have been undertaken and practice in place.

Recommendations:

- *The pupils to develop child friendly policies which can be included on the website.*
- *To begin planning the new RSE curriculum and policy development.*

### **Curriculum**

The curriculum continues to benefit from clear planning and organisation. A key focus at present is planning for the new curriculum. Health related resources continue to be regularly updated and new healthy school resources and initiatives are implemented when provided. Safer Internet Day was used to promote the importance of Internet safety in combination with a live virtual session by a police liaison officer.

Healthy eating is included in weekly planning which includes food activities and challenges at home. Long term topics for PS1 and PS2 include all aspects of wellbeing and keeping healthy.

Sport and activity continue to be key features with a wealth of opportunities for pupils to engage in, even in 'lockdown'. Daily online exercise activities were set for pupils, HIIT, yoga, 'beat the teacher', Joe Wickes sessions and SKIP activities for the Foundation Phase classes were on Hwb for parents to access. The Whole School 100 Challenge in memory of Sir Tom Moore was held throughout the month of February with pupils deciding on what physical challenge to do e.g. 100 swings or 100 bounces on a trampoline. Outside agencies continue to provide support.

### **Ethos and Environment**

The ethos and environment of the school continues to be health promoting in every way. The school is very caring and supportive of pupils, staff and parents. The wellbeing of all members of the school community is evident by the continued implementation of initiatives addressing the wellbeing agenda with plans for further development.

The school environment and environmental issues continue to be a strong feature, pupils benefit from extensive grounds; a den area and Jungle Gym have been developed with input from pupils, a new Pathways project has been funded by Sustrans to develop a new cycle and walk route into school which links with the school trim trail and includes the addition of a new bike shelter and bike stands. Scooter activities are timetabled for children in their 'bubbles' to access the new cycle path.

Pupils put forward a Dragons' Den bid and were awarded £200 which they decided to use to promote keeping healthy and put the money towards yoga and get fit boards.

The school continues to be supported by a range of agencies for environmental and community projects. The Eco club continues to be very active and a range of activities were introduced for pupils to do at home and in the local area.

The celebration of 'pupil of the week' continued during 'lockdown' and FaceTime Friday was introduced where Mr Williams celebrated pupil's achievements and set family challenges.

Pupils are involved in school development and put forward ideas for all aspects of school life and the curriculum.

Mindfulness and Pause Points sessions are taught in each class and in addition Empathy Lab books and activities have been introduced. During Children's Mental Health Week pupils were encouraged to link with online activities provided by the BBC. To support emotional health and wellbeing for children, parents/carers and staff a range of online activities and resources were promoted and included daily during lockdown.

Pupils commented that their outside areas and range of activities are amazing.

It was clear from discussion with the pupil representatives that they were involved in all aspects of school life and understood their role and the role of the school in promoting positive health and well-being.

### **Family and Community Involvement**

The school is welcoming, caring and inclusive and health and wellbeing is firmly embedded within the value system of the school. Pupils in PS2 are planning to walk a mile a day to raise funds for the RNLI, a 100-mile bike ride by a teacher raised funds for a new bike for a sight impaired child and a pupil ran 100km for charity. The school encourages the involvement of families and community organisations, this has continued in varying ways.

**General comments**

Gelli Aur/Golden Grove School continues to be an outstanding health promoting school. The health promoting school ethos is evident across the whole school population and it runs seamlessly throughout everything that the school does. Health behaviours are embedded into the life of the school and both pupils and staff engage in a wide range of health promoting activities and events in and outside of school.

This report outlines mainly new developments put in place as a result of 'lockdown' and focuses on the national priorities for health and wellbeing, it only touches on the many initiatives and ways in which the school strives to promote and enhance health and wellbeing for the whole school community.

Central to the ethos of the school is the care and support provided for pupils and their families.

*'Thank you to Rose, Ben, George, Osian, Faye, Thea, Emily, Martha, Grace, Jacob, Owen, Sophie and Rowan for telling me about all the ways you have contributed to promoting health and wellbeing in school. You are doing tremendous work, well done! Good luck and best wishes for a happy, healthy future.'*

Congratulations to Ysgol Gelli Aur/Golden Grove C. P. School for all your hard work in a successful reassessment of the Welsh Network of Healthy School Schemes National Quality Award.

**Lynne Perry May 2021**