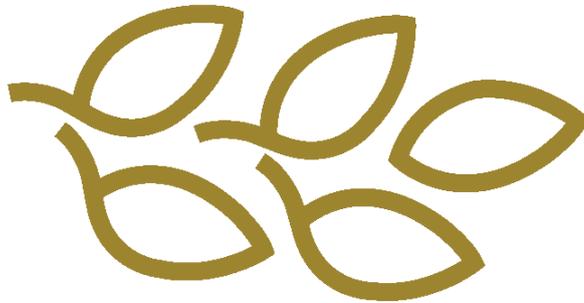


**Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru**



**Welsh Network of Healthy School Schemes
National Quality Award**

**National Quality Award Report
of the visit to Ysgol Penybryn, Tywyn**

Date: July 14/15th, 2018

Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Ysgol Penybryn has demonstrated meeting all the criteria of the National Quality Award. These criteria are set out against 7 health topics which are shown below.

Schools that achieve the NQA are implementing wellbeing initiatives at the very highest level. In this report we highlight the particular strengths of your school's approach to promoting the wellbeing of everyone connected with the school. This report also identifies areas for continued development and consideration. We hope that the report is both an encouragement and a useful guide as pupils and staff at Ysgol Penybryn seek to maintain and extend the excellent approach and embedding it even further in to school life.

NQA Criteria

1. Food and fitness (nutrition and physical activity)
2. Mental and emotional health and wellbeing, including staff wellbeing
3. Personal development and relationships, including sex and relationships education
4. Substance use and misuse, including alcohol, smoking, and drugs (legal, illegal, and prescription).
5. Environment, including eco-initiatives and improving the school and wider environment
6. Safety, including a variety of topics such as child protection, sun safety, internet safety, and first aid
7. Hygiene including across school and non-school settings

The criteria are supported by a number of underlying principles, namely:

- The importance of pupil participation in core areas of school life which directly affect the health and wellbeing of children and young people e.g. teaching and learning, environment, pastoral care
- The importance of the understanding and commitment to action of the whole school community
- The existence of a positive approach to health
- Equality
- Links to other relevant national and local programme and policies.

(For further information on the NQA criteria please visit <http://gov.wales/topics/health/improvement/schools/?lang=en>).

Eurwen Hulmston

Summary of Visit

All staff in the school are very aware of the same message, namely to ensure that all pupils receive a balanced and relevant education with the pupils' health and well-being receiving due attention. The care shown towards the pupils is evident in all the school's activities and, in one parent's words, "the school is extremely caring". Although the school is a fairly large one with over 250 pupils, the ethos is homely, calm and relaxed. All the staff know the pupils particularly well and are able to deal with the number of vulnerable pupils who are at school, with wisdom and sympathy, but also ensure that the other pupils have an important role to play in school life. The care and kindness of the pupils can be seen from the nursery class to pupils in Year 6 and also in the staff's relationships with each other and with the whole school community. Much of this stems from the respectful approach that staff, under the careful and sensitive leadership of the Headteacher, deal with the pupils.

The healthy schools scheme within the school demonstrates strongly a whole-school approach and although the work of the school co-ordinator is extremely good, the work of the whole school team is evident in all aspects of the scheme. The enthusiasm and commitment of staff was definitely evident in all the work we saw during the visit. The school has, fairly recently, been through some very tough years with the building being modernized and expanded. Pupils were divided into different sites in the town, but despite all this, the work of the healthy school has continued, which is a tribute to the commitment, of the Headteacher and staff, to the scheme.

One of the strongest aspects in school was the curricular work we saw. All aspects of the healthy schools scheme had been visited regularly, were strongly embedded across the curriculum and across the age range of the school for many years. This was also reflected in pupils' knowledge of the work of the healthy schools from Foundation Phase pupils to Year 6 pupils – they were all able to discuss being healthy quite naturally and knew what was important to keep them healthy.

The school website is very useful and informative on a range of aspects for parents and pupils. The school also uses Twitter sometimes and contacts parents regularly with the monthly, informative bulletin. "Text to Parents" is also used to remind and send urgent messages.

Since the changes to extend the school building, quite a lot of the hard playing area has been lost which creates difficulties for the school during wet weather, but the school field is extensive and the pupils are currently enjoying this very much. The classes and corridors are full of interesting information and are vibrant with pupils' work, with the work of the pupil participation groups receiving good attention.

Thank you very much to all the staff across the school community for all the hard work and for the warm welcome.

Highlights of the visit

Food and Fitness

- The school complies with the Healthy Eating in School Regulations 2013. The kitchen has a Food Standards Agency Rating 5.
- Policy in place which is current and relevant. A pupil policy is also available.
- Staff training – School has taken any opportunity given to them for training available regarding food and fitness e.g. Tatty Bumpkin (yoga for early years), physical literacy etc.
- Very strong use of national and local initiatives – the school takes up many opportunities to get involved in programmes / events, etc., such as Design to Smile, STEM, local swimming events, gymnastics, football, Change for Life, School Sport Survey, Healthy Schools, Urdd, Yoga, Fair Trade, breakfast club etc.
- The school kitchen staff cooperates well with the school and this good relationship is reflected in the very high uptake of school meals and in the attitude of pupils and staff towards school meals. The quality of the food provided is excellent.
- A high standard of education on food and fitness was seen, with excellent use of cross curricular opportunities. Pupils' books seen, show not only are the pupils learning, but evaluating and using reasoning skills. Pupils are clearly involved and understand the importance of food and fitness as they talk about it very naturally and it is clearly embedded in their daily school life.
- Pupil participation is good, with an active school council and sports ambassadors.
- After-school clubs, which include Dragon Sports, are popular and enjoyed by pupils.
- Staff are excellent at joining in with events and lessons within the school e.g., walking a mile at lunchtime with pupils, games during PE sessions. Staff are excellent role models for pupils as they eat school lunch, or healthy alternatives, where pupils can see them, encouraging pupils to try new things and making sure that all pupils are part of the sessions e.g. football game at breaktime, obstacle course in the Foundation Phase.
- Work is regularly done on healthy packed lunches before any school trip and parents note that this message is carried home clearly and strongly.
- The school website has many links to external agencies that can provide more information for the school community.
- With the reduction to the hard playing area, it was not possible to continue with the Dal i Fynd (daily running) scheme which had been so successful at school. The track on the school field is used when possible, but the school council is very keen to re-start the scheme more formally in September and has been planning towards this.

Emotional health and well-being including staff wellbeing

- Inclusion is definitely a strength of the school. All pupils, whatever their difficulties, are given exactly the same opportunities and the care shown towards the pupils is particularly good. Health and well-being has been a priority in the school development plan over the last two years.
- Policies are current and relevant.

- Displays of information from support agencies such as Childline and the NSPCC were seen in varied places in the corridors and in the pupils' toilets. The pupils' homework books also contain this information.
- The school has ensured that staff received any training that was available to support this aspect e.g., Internet safety, anti-radicalisation training, circle time tuition following a course for one member of staff by Jenny Mosely, etc.
- The Talk About scheme is used weekly with trained classroom assistants leading the sessions.
- Class councils in each class with representation from these as members of the school council. Well organised records are kept showing the good work the council has completed.
- A range of interesting extra-curricular clubs for pupils.
- This year the school has been developing the Growth Mindset scheme and the ideology has permeated well into the school's daily life. It was great to see the youngest pupils of the Foundation Phase discussing the ideas together and supporting each other if anyone was having difficulty with their work. The idea of wearing a crown that reflects success in an approach such as perseverance, or striving with something new etc., works particularly well.
- The school does a great deal of charitable work and a much of this work is led by the school council.
- The Webster Stratton Dina school scheme is used in the early years and aspects of the Webster Stratton scheme are implemented throughout the school.
- The school council submits questionnaires annually to pupils on many aspects of school life.
- The Playtime Buddies do their work very conscientiously and, as well as helping at break times, they help the foundation phase when they have their lunch.
- A strong link with the secondary school facilitates the transition work. A staff handbook and a handbook for classroom assistants and individuals on work experience, are available in school.
- The Headteacher's weekly bulletin to staff is extremely useful and in addition to identifying activities, information about the week and dates for the term, it includes thanks to individuals or staff generally for specific work or events e.g., concerts, residential visits, open evenings etc.
- There is a spacious, comfortable staff room with work tables, hot water heater, etc.

Personal development and relationships

- Sex education policy reflects the latest requirements. A pupil policy is also available.
- Work on this aspect receives very due attention. The Tyfu i Fyny (Growing Up) package is being used as the foundation for this work throughout the school. The school, over the web, uses the questionnaire that accompanies the tool to evaluate the work.
- The Child Protection policy is on the school website together with the parent booklet from the Tyfu i Fyny pack.
- Child protection training is up to date for all staff and all staff received training on the Tyfu i Fyny package in 2016. An evening for parents on sex education was organised in June 2017.

- Visits by the NSPCC and Hafan Cymru.
- Suitable resources for the older girls are available in one particular toilet and the girls are aware of this.

Substance Use and Misuse

- Policy is of high standard and contains relevant and up to date information and guidance. Procedures and protocols are in place, with phone numbers and professionals to contact.
- Staff have received relevant training and it is good to see that all staff sit in on sessions provided by external agencies on substances e.g., Police Liaison officer, and Don't Touch Tell.
- Good use of external agencies such as Don't Touch Tell, etc., and evidence shows that staff follow up these sessions in the classroom with their own activities to reinforce the work being carried out.
- Pupils work is of a very high standard – with not just information on substances but also lots of opinions, reasoning and evaluation of what is being learnt.
- Lots of work and information provided for pupils on drugs, alcohol, smoking and e-cigarettes.
- Good use of cross curricular activities to teach pupils about substances e.g., science work on why smoking is bad for the body, English, putting statements about substances in order, Welsh work on substances, circle time, discussion about substances, Art – designing a poster for not smoking or vaping.
- The school uses the Keys to Alcohol and Keys to Smoking packs.

Environment

- A detailed action plan prepared by the Green Council.
- The school has won the Gold Award of the Gwynedd and Môn Green Schools Scheme.
- A great deal of very good curricular work is delivered in all classes in the school on varying aspects of environmental work.
- A green club is held during growing season.
- Particularly good work was seen on Fairtrade and the school organises activities during Fairtrade Fortnight.
- A clothes recycling bin is situated on the school site.
- Local environmental visits are arranged.
- External specialists are used to support the work of the staff e.g., a county recycling officer.
- Very good growing work in the early years garden with a wide range of vegetables and fruit and pupils taking responsibility for most of the work.

Safety

- A wide range of current policies available to support this aspect including safeguarding policies, sun safety policy, medicines policy, web safety policy etc.
- Staff have received recent training on aspects e.g., child safety, web safety, first aid. etc.

- Specialists are employed to support the work of staff e.g., Kerbcraft on an annual basis, cycle proficiency, the fire service talk to Years 2 and 5, police liaison Officer, Hafan Cymru introducing personal safety etc.
- Good curricular work was observed on this aspect again, including web safety, personal safety, seaside safety, etc. A specialist will come in before the end of a term to introduce rail safety.
- NSPCC presents work on safety through the PANTS scheme.
- Web security is a priority in the current school development plan.
- Robust school safety procedures – locked external doors, visitors signing in and out and wearing badges, notice board with pictures of staff in the foyer, high percentage of staff on duty at break times, etc.
- An evening on web safety was organised for parents in 2016.

Hygiene

- A range of Current Policies to support this aspect are available, including a toilet policy.
- The school toilets were tidy and clean, even at the end of the school day.
- The school council has decided to monitor the toilets and, at break and lunch times, pupils must get, from the toilet monitors, a pink or blue hand to visit the toilets. The school council has seen a great improvement in pupils' behaviour in the toilets since starting this scheme and told us that there is never a mess there now.
- Hand washing posters are prominently displayed in each toilet block. There are official posters and posters created by pupils.
- The school nurse offers training on correct hand washing using an UV machine.
- Curricular work was observed to support this aspect across the whole school age range. Pupils in Years 5 and 6 visited a local food factory and had a presentation on food hygiene as part of the visit.

Areas for further consideration

- School of this size could benefit from a school health group, which could perhaps work as a sub group of the school council.
- Increase the use of twitter to promote external agency links and posts and to refer to the website to remind parents of the information available there. Also, the pupil friendly policies could be posted on website.
- If funding is available, seek food safety training for members of staff who work with the pupils.
- Re-establish the school garden and perhaps use outside expertise such as the Young Farmers Club or the local gardening club to support this work.
- As you have already received the gold award for the local Green Schools' scheme a good development would be for you to join the Eco-Schools scheme, which is a more extensive scheme.
- Holding another evening for parents on web safety, remembering how quickly this aspect is developing, would be a good development. Using pupils to support a specialist in the presentation would be also a good idea.

- To broaden your pupil participation and also to promote web-based safety, creating digital leaders from amongst the pupils would be a good development. The older pupils could also be given responsibility to lead whole school dance sessions, which would promote fitness and contribute towards your language charter work.
- As the equipment is already in the school, trying to get a specialist in to introduce first aid and CPR for the older pupils would be a useful development.
- Use of twitter to promote national initiatives or information for parents on substances e.g., website links like 'NHS - Drugs' for information on legal highs, illegal drugs, smoking, vaping and new and emerging drugs
- Work on energy drinks with the pupils, how the caffeine and other ingredients can have an effect on your body e.g. shakes, over increased energy, etc.

Feedback to pupils

Dear pupils of Ysgol Penybryn,

Thank you very much for making our visit such a pleasant one. It was great to have a chance to speak to so many of you and everyone was kind, happy and courteous.

The presentation we received from representatives of the school council, the green council, the Buddies and the class councils was good and we gathered a great deal of information from you. Special thanks must be given to the pupils who led us on our journey around the school and presented so much information in doing this. It was clear from this journey that you enjoy your time in school and were enthusiastic about and understood the work of the Healthy School. You were extremely proud of your school. All of this helped us in assessing your school for the National Quality Award.

It was a very happy experience to be able to come into your classes and listen to the work you were doing. All pupils at the school have a very good knowledge of the importance of health and how to look after your body and stay healthy and fit. One of the things that I noticed most in your school was that everyone seemed so happy with a great deal of respect shown towards each other and towards the whole school community. Everyone behaved well and respectfully, was very polite and kind to each other

We had the opportunity to share lunch with you on both days and all of you were well behaved, you were again very polite and the school dinner, as you had all told us, was delicious. You enjoy the after-school clubs and have an interesting choice with something for everyone.

We enjoyed visiting the school and being able to share two lovely days with everyone there. Keep on with the great work and good luck for the future,

Eurwen Hulmston