

## To reduce sedentary screen time

Children designed posters asking parents 'do you want your child to sleep better?' 'do you want your child to concentrate well in school?' to generate interest in a **Screen Time Workshop**. We then held an event with our local educational psychology team. 25 parents, members of the local community, teacher advisors and governors attended. Teachers presented HAPPEN survey findings and educational psychologists delivered a workshop focusing on parents as role models, the effect of screen time on behaviour, concentration and sleep, measures for limiting screen time & the body's physiological response to video games. It was very interactive and parents engaged very well, giving real insight into children's behaviours post screen-time and challenges of managing this.

During Internet Safety Week we had **Internet Safety specialists** in to school from our local library who also spoke to the children about self-regulating their screen time.

A **Board Game club** has been developed for Foundation Phase pupils and is currently full. Pupils love it & staff often come along and join in games like Monopoly, Scrabble, Connect 4. Parents have reported children asking to play more games at home and adding to their christmas lists. We have noticed these pupils have improved their turn-taking & communication skills.

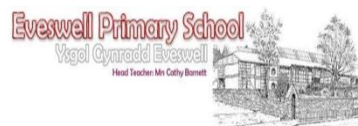


## To increase the amount of exercise pupils do

**Playpals** (pupils trained to encourage positive play at break-times) have had refresher training to encourage active games at lunchtimes. Mid-day supervisors' performance management has included the importance of encouraging physical activity when pupils are on the yard using parachutes & traditional playground games.

**Newport Live** have delivered football sessions in Year 2, a 'Healthy and Active' programme in Year 4, swimming in year 5, cycling in Year 5 and 6. They have also provided the school with vouchers for swimming, badminton and tennis at our local sports centre so competitions in school are rewarded with healthy prizes. We have relaunched the Daily Mile in Key Stage 2 with the support of Newport Live who liaise regularly to ensure this is still working well and is manageable for staff and pupils. Our range of after school clubs has been further developed to include yoga for pupils and high intensity training for staff, as well as a parent/staff choir to further enhance staff wellbeing and strengthen parental engagement.

## EVESWELL & SOMERTON PRIMARY SCHOOL: USING THE HAPPEN SURVEY TO DEVELOP A WHOLE SCHOOL APPROACH TO HEALTH AND WELLBEING



## To increase pupils awareness of their strengths & areas for improvement

Target sheets have been implemented across the school for literacy and numeracy. These are on tables for pupils to refer to at the start of each activity and for them to reflect against once their work is completed. **Pupil voice** has been strengthened by **pupils directly influencing what and how they learn** and teachers' planning has been adapted to evidence this. Pupils input into planning documents with their enquiries around a particular topic.



## To increase opportunities & awareness of healthy eating

Newport Live have delivered **'fakeaway' sessions** to pupils in Year 4, making healthy pizzas in boxes for them to take home and share with their families. Our **Fruit Tuck Shop** has had a 'make-over' with greater choices of fruits and vegetables being included, members of the Wellbeing group are now giving certificates in assembly for those pupils who consistently make healthy choices and we have healthy lunchbox workshops booked in for reception children and parents for April.