

Enhanced Healthy School Status Application

Yew Tree Primary School - July 2018

School Context

Yew Tree Primary School is a one form entry school with 232 pupils on role from Nursery to Year 6. Yew Tree is in the Silhill ward of Solihull within the Hermitage and Damson Wood South profiles. These two profiles have the 2nd and 3rd largest number of lone parent households in the Silhill ward. School deprivation indicator is 0.1 compared with 0.2 nationally placing us in the 3rd quintile for 2017. In January 2016, Yew Tree successfully launched our childcare provision for two year olds in the local community. Currently, 36 pupils attend our setting and 70% of the two year olds, who attend our setting are funded, therefore enabling families to access their entitlement to early education.

We are an inclusive, diverse and in many ways a unique school. 33% of pupils are bi-lingual (EAL), we are very proud that there are 30 other languages that are spoken in our school community. 14.4% of our pupils are registered as SEND, this includes 9 pupils with Education, Health and Care plans. 11% of pupils access School Support.

Yew Tree has a good reputation for nurture and supporting emotionally vulnerable pupils and pupils with SEND. We are very proud of our ARP (additionally resourced provision) within our mainstream setting, which provides specialist and targeted supported for 8 pupils with social, emotional and mental health needs across Solihull since October 2016.

Yew Tree has strategic leads for PSHE education, Healthy eating, Physical activity and Emotional health and well-being. The Leadership team is passionate and highly motivated and driven to ensure that there is a positive environment, which promotes emotional, physical health and wellbeing in school. At Yew Tree, we believe that personal, social, health and economic education is an essential strand of the curriculum delivered to our pupils as it prepares them for the opportunities, responsibilities and experiences of later life particularly transition to secondary education. We believe that PSHE should help every child to feel safe, secure and be able to make informed decision about his or her lifestyle.

School Priorities

After analysing the data generated by the 'The Solihull Children and Young People's Health and Well-being Survey' in 2016, Yew Tree identified the following school priorities.

Priority 1 - To increase the proportion of children who are eating at least 5 portions of fruit and vegetables regularly.

Priority 2 - To increase the percentage of children who are physically active for an hour or more.

Priority 3 - To improve our Alcohol, Smoking and Drugs education programme.

Priority 4 - Explore and introduce ways of maintaining good mental health for pupils and adults in our school community.

Actions Taken

Priority 1 - To increase the proportion of children who are eating at least 5 portions of fruit and vegetables regularly

- Involved pupils and parents in planning improvements to school menus and the lunchtime experience and therefore boosting the take up of school meals.
- Provided pupils with the opportunity to take part in cooking and food growing activities.
- EYFS and KS1 pupils participated in a School Fruit Tasting Day lead by the School Fruit and Vegetables Scheme (SFVS) at our school with Julian Knight MP.
- EYFS and KS1 pupils enjoyed taking part in the cooking workshop delivered by Pizza Express.
- Implementation of a cookery club for pupils in KS2 led by Solihull Catering Services.
- Participation in World Food Day and World Water Day.
- Smoothie workshops for KS2 pupils.
- Diet and Nutrition Workshop led by Fit4Schools.
- We are in the process of developing a Food policy.

- We have planted fruit trees and bushes to encourage children to eat more fruit and improve their knowledge and understanding about how fruit is grown.

Priority 2 - To increase the percentage of children who are physically active for an hour or more

- Systematic tracking of the additional PE and Sports Premium fund and termly analysis of impact, which is shared with Governors regularly.
- Implementation of the 'Real' PE scheme ensures the large majority of pupils receive 2 hours of PE during curriculum time.
- Maximised CPD opportunities for staff and linked appraisal targets where appropriate for key leaders e.g. PE leader and Play worker.
- Implementation of the 'Daily Mile' each day for all pupils.
- 'Move and Groove' sessions now led by the pupils firmly established before morning and afternoon registration times.
- KS2 termly homework projects include a PE element.
- Year 6 Pupil Play Leaders support vulnerable pupils at playtimes and lunchtimes to support them to be physically active.
- Established a pupil led Sports Council.
- Opportunities for children to participate in free Before and After school clubs has increased.
- Fit4Schools have supported the delivery of PE and Sport during PPA and their staff team have tested the fitness levels of all KS2 pupils termly and then suggested personalised exercise activities to further enhance fitness levels.
- Play worker recruited for playtimes and lunchtimes.
- Sustainable travel is actively encouraged such as participation in national events such as the 'Big Pedal' and in more local initiatives offered by Solihull's sustainable travel team such as Bikeability for Year 5 pupils and Scootability for the Key Stage 1 pupils.
- Participation in many Inter Competitions across all year groups such as Chance to Shine Cricket Festival, Cheerleading, Tag Rugby, Tri-Golf and Indoor Athletics.
- Modernisation of our annual Sports Day, which now includes events such as football target, distance throwing, long jump, netball shoot out, hickey

skills, hurdles, obstacle relay and tennis shot and a competitive house element.

- Pupil participation in National Sports Week and Health and Fitness day.
- Additional swimming lessons for those children have not reached the expected standard in KS2.

Priority 3 - To improve our Alcohol, Smoking and Drugs education programme

- Implementation of the Jigsaw PSHE curriculum and delivery of weekly PSHE lessons.
- Facilitation of the Jigsaw Families programme.
- The White Ribbon Association has led termly health assemblies and regularly display their health boards for pupils and parents in our school.
- CPD for the staff team including teacher coaching to improve delivery of lessons.
- Jigsaw Parent workshops for each year group.

Priority 4 - Explore and introduce ways of maintaining good mental health for pupils and adults in our school community

- Half termly welfare checks conducted by Headteacher and Deputy Headteacher for the staff team to ensure effective work life balance.
- CPD focusing on improving resilience, enhancing knowledge and understanding of own well-being and how children express their own emotions through behaviour and the 'Big Happiness Experiment.'
- Introduction of a Mental Health First Aid toolkit.
- Signposting parents to support agencies and informative websites.
- Observing and caring for our animals (chickens, guinea pigs, goats, gerbils, hamsters, rabbits, stick insects, a bearded dragon, Rosie, a pet therapy dog, who works with our ARP children weekly and Finn our school dog.) support the teaching of our key values of joy, love and respect and has a direct impact on the well-being of all, children and adults alike.

Impact

- Yew Tree was the first school in Solihull to achieve the Gold Status Modeshift Award for sustainable travel and our Walking Bus has won a regional award.

- PE and sport has a much higher profile within school. The numbers of pupils participating in Before and After school clubs has increased particularly uptake of the free clubs. The PE subject leader reports that there are now 75% of pupils from each class, who regularly attend a club.
- More recently, Yew Tree has achieved the Silver award for the Active Games Mark Award and the Silver Youth Sports Trust Accreditation.
- Appointment of the play worker for playtimes and lunchtimes has had a positive effect and greater numbers of pupils enjoy the more structured and organised play opportunities.
- Staff absence was significantly reduced in the academic year 2015 - 2016 to a 1/3 of absence in the previous year and this trend has been sustained year on year.
- The fruit trees that have been planted in our heritage garden also support the elderly in the local community from Rayners House, who help pick the fruit harvest with the children. It has been beneficial for the residents with dementia.
- The data below shows how we have steadily improved and in some cases significantly improved our health related outcomes for our pupils from 2016 to 2018. We are delighted with our data compares against Solihull positively.

Key Findings (Years 4 and 6) from the HRBQ Survey		2016		2018	
		School	Solihull	School	Solihull
Food and Diet	% who ate at least 5 portions of fruit and vegetables on the day before the survey.	19%	28%	31%	27%
Leisure Time	% who often feel happy during school playtimes	75%	64%	83%	69%
	% who often feel safe during school playtimes	78%	78%	96%	77%
	% who spent time playing sport or doing physical activity after school on the day before the survey.	38%	50%	58%	49%
	% who were physically active for an hour or more at least five days in the week before the survey	25%	40%	46%	41%
	% who have been involved in more than 2 hours of physical activity during school time in the 7 days before the survey	15%	31%	33%	28%

Emotional Health and Well being	% who had a high self-esteem score	55%	39%	51%	39%
	% who can usually or always say no when a friend wants them to do something they don't want to do.	50%	46%	61%	47%
Alcohol, Smoking and Drugs	% who said that their parents have talked with them about drugs	38%	59%	59%	63%
	% who said that their teachers have talked with them in school lessons about drugs	27%	49%	55%	48%

In addition, the HRBQ data analysis report provides a personal development, behaviour and welfare school score, which reflects the percentage of positive responses a pupil gave throughout the questionnaire. A higher percentage of 'true' responses indicates good personal development, behaviour and welfare.

2018	Year 4 Yew Tree		Year 6 Yew Tree		Year 4 Solihull		Year 6 Solihull	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
0% - 24%	0%	0%	0%	0%	0%	0%	0%	0%
25% - 49%	0%	0%	7%	0%	16%	15%	6%	7%
50% - 74%	36%	64%	20%	17%	63%	65%	47%	48%
75% - 100%	64%	36%	73%	83%	20%	20%	47%	47%

Next steps

We have identified the following next steps below as areas for development and targets for our school improvement plan.

- Introduce 'Life Ready' programme and plan for complete delivery in 2018 - 2019
- Continue to improve our school food culture throughout school by encouraging more pupils to eat fruit and vegetables and reduce the number pupils who drink fizzy drinks a lot.
- Support children with their feelings about body image.