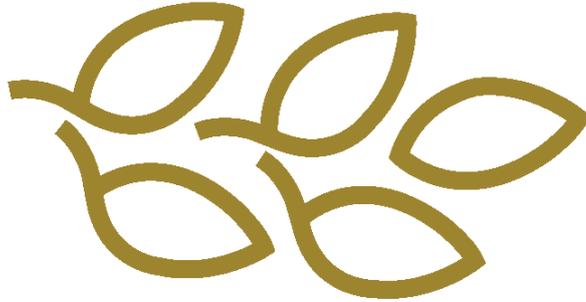


**Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru**



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

**National Quality Award Report
of the visit to Ysgol Carreg Emlyn**

Date:

December 5th and 6th, 2017

Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Ysgol Carreg Emlyn 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 Carreg Emlyn 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>).

Summary of Visit

All staff of the school are aware of the same message, which is to ensure that all pupils have a balanced and relevant education with the health and welfare of the pupils very high in their decisions and planning. The school, under extremely difficult circumstances, delivers exceptional education for the pupils with a range of interesting and educational experiences, with most being relevant to the requirements of the scheme here. Organisation at the school is remarkably successful, given that the school is on two sites which are over four miles apart, with neither building well suited to education within the twenty-first century. Despite this, all the staff work very closely as a team for the benefit of all the pupils. The Headteacher leads with a strong vision, with the enthusiastic support of the rest of the staff, parents, governors and the wider school community. The two co-ordinators, one at each site, have worked very closely to ensure that the scheme is a whole school one and their hard, thorough work, was demonstrated in the indicator sheets and the evidence presented to us during the visit.

Communication within the school is extremely good, with a particularly interesting and comprehensive website, where content is always current. Twitter is used also to share emergency messages, special credit and any news. Every Monday morning, there is a new school Newsletter, full of information, which is uploaded to the website, with one or two families receiving a hard copy. It was great to see, whilst reading these, that over the last year or two, so much attention has been given to aspects of the healthy schools scheme. Evenings are organised regularly to share information with parents, e.g. web safety, sex education, etc. It was good to see, in a general information evening for Foundation Phase parents, that the work of healthy schools was presented to them.

It was also good to see that the work of healthy schools is strongly grounded across the whole school curriculum and good pupil curriculum work was seen in all areas relating to this scheme. The curriculum has been designed carefully across the age ranges of the school to ensure that the healthy schools work is not isolated within the curriculum but is an integral part of everything that is introduced to pupils.

The school is an extremely happy place with a wonderful atmosphere and pupils are kind, confident and very polite. Although both school sites are very small for the numbers of pupils, the staff have made the best of them and continue to improve the facilities for the pupils, while talks about a new school, which would combine the two sites in the future are in the pipeline. Quiet spaces, play areas, gardens, a "poly tunnel" and a wooded area are available to promote pupils' imagination, as well as an outdoor classroom. The size of the school buildings, on both sites, is extremely limited, but especially at the Clocaenog site. However, the school is neat and colourful and full of pupils' work, pictures of activities, etc. In conversation with the pupils, their pride of being part of the school was consistently manifested and the pupils articulated clearly, across the whole school age range, that they received diverse and interesting experiences to enrich the curriculum within the local community and through educational trips to other areas. I would summarise it all by saying that you, as a school, go that extra mile in every aspect of your work. Thank you very much for all the hard work and for the warm welcome.

Highlights of the visit

Food and Fitness

The school has a firm policy that follows local and national guidelines and it was clear from all the good practice we saw, that the policy is operational.

Food

- Heather and Jill, the school cooks, provide breakfast and a tasty and healthy lunch, which comply with the statutory rules and a high percentage of pupils will choose a school lunch. Heather, in particular deserves credit for providing lunch smoothly under very difficult circumstances.
- The curriculum includes opportunities to learn about healthy food and a balanced diet through the cross curricular themes, e.g. food in the second world war, Tudor food, traditional foods of India and Spain.
- The school works closely with the local community, the healthy schools team and suitable businesses/charities to enhance pupils' skills through schemes such as: Denbigh plum Festival, food festivals, Farm to Fork, Welsh Dairy Show, etc.
- A high percentage of pupils participate in Cogurdd and they have opportunities in each class to prepare and cook healthy foods e.g. mango yoghurt, healthy fruit lollipop.
- The contribution of the pupils was clearly seen with the eco-council monitoring lunch boxes to encourage healthy eating.
- The school provides a fruit tuck shop on both school sites.
- According to the parents, the school's work has penetrated deeply as pupils constantly remind their parents of the guidelines!

Fitness

- Staff have received training in a wide range of sport e.g. swimming, gymnastics, rugby, tennis, cricket, hockey and also playground games and gardening.
- Respect for equality is evident with the girls playing football and rugby and boys enjoying skipping and Hula Hoops. The boys and girls played together happily at play times.
- All pupils were active during playtimes with sufficient equipment to offer something for everyone. A buddy scheme (Criw Clên) helps ensure that everyone is happy and it is clear from the application forms for the role, that high status is given to the scheme.
- The contribution of the pupils is very noticeable with the school council raising funds to buy playground equipment and organising a sports afternoon. The sports ambassadors organise lunch-time games.
- Visits to Llangrannog, Pentrellyncymer and Glanllyn provide opportunities for the pupils to experience adventure activities.
- The school's commitment provides a firm foundation, leaving long term impact; parents were extremely proud that 3 out of the 5 members of the cross-country team in Ysgol Brynhyfryd (the feeder secondary school) was a former Ysgol Carreg Emlyn pupil.

Mental and Emotional Health and Well Being

- Extremely good conduct and courtesy of pupils.
- The use of the SEAL resources for PSE work – very detailed work has been delivered following SEAL presentations.
- The school's strategy for encouraging positive behaviour with input from pupils on the ways of rewarding. Methods used are popular with the pupils.
- Have just started using the PASS (Pupil Attitude to School and Self) scheme.
- Interesting extra-curricular clubs - gardening, board games, craft, sport, Urdd, football, etc.
- Regular participation in public performances and community links are particularly strong.
- Criw Clen (Buddies scheme) on both sites and Ffrindiau Mawr, Ffrindiau Bach, a scheme that matches older pupils with younger ones for support and care.
- Pupil Participation is a high priority within the school.
- Members of the community and parents support curriculum work.
- Much of the work during the Anti Bullying Week was led by the pupils.

Personal Development and Relationships

- The sex and relationships education policy is excellent. It includes clear notes for parents if pupils are to be withdrawn from lessons, the actual terms the school will use and the boundaries of confidentiality. Attention is given to equality and gay relationships
- Sex education arrangements are referred to in the school prospectus and provide information on how to access the policy. Also, the school has organised a parents' evening to ensure that everyone knows what is being taught.
- The entire staff received training from Denbighshire's healthy schools co-ordinator and they follow the recommended programme and resources.
- The programme is rigorous and suitable for the ages of the pupils in both key stages.
- Pupils in Yrs. 5/6 learn about puberty, conception and birth and in the Foundation Phase they learn names for the parts of the body and the difference between appropriate and inappropriate touch. Yrs. 5/6 pupils use a GED grid to record what they already know and what they want to learn.
- The lessons from the SEAL scheme, enhances the sex and relationships education programme by promoting understanding of healthy relationships, the important qualities of friends, etc.
- The school takes the opportunity to work in partnership with specialist agencies such as: Childline, police liaison officer, NSPCC, the school nurse and Spectrum, to promote pupils' skills on how to stay safe and to ensure they know how to get help.
- Breastfeeding is given due attention in the 2 key stages and one of the governors noted how she has smoothly fed her baby in meetings.

Substance Use and Misuse

- A staff member has received recent training.
- Pupils visit Danger Point twice during their time at school.
- Don't Touch, Tell visited during 2017.
- Pupils did research into smoking with their parents as part of their science work.
- Good work was seen on peer pressure.

- Pupils created very good posters on smoking prevention on No Smoking Day.
- Medicine administration rules are in the school prospectus and on the website.
- The school does extended work following visits of experts e.g. police liaison officer.

Environment

- Fairtrade School Award – school celebrates Fairtrade Fortnight.
- Royal Horticultural Society Award, level 2.
- Have received three Green Flags for the Eco-Schools Scheme. Working towards the Platinum Award for Eco-Schools.
- Eco Code and environmental review.
- Bag2School.
- Lots of staff training.
- Regular environmental visits.
- Very popular Gardening Club in the growing season.
- Pupils compost regularly.
- Lots of recycling.
- A Green Day in 2016 with experts on various aspects working with the pupils.
- Following the visit of the eco-group to the Fairtrade Conference it was decided that the pupils would try to purchase PE clothing that meet the Fairtrade requirements.
- Electronic Newsletter and Tweets.

Safety

- Safety week in February 2107 that included Heartstart training for all pupils from the Foundation Phase to Year 6, safety with dogs, farm safety, NSPCC, etc.
- Every member of staff has been trained in first aid - support staff April 2016, teachers in April 2017.
- Good INSET for all staff.
- Members of the school council and the eco-council went to the Foundation Phase site to give a presentation on sun safety and safety in cars during July 2017.
- Bikeability - January 2016; July 2017
- Web safety information shared with parents on a regular basis.
- Pupils play an important role in safety aspects on a daily basis – Criw Clen, E-Team, etc.
- Web Safety Evening for parents - summer 2017

Hygiene

- The school has received a score of 5 for food and hygiene standards set have all been met.
- 6 staff members have received a food hygiene level 2 qualification.
- The work to promote hand washing on the both sites was excellent: the pupils were observed washing their hands thoroughly without anyone reminding them. Everyone knows when they should wash their hands and the song sung by the Foundation Phase pupils was a very effective way of learning how to wash hands thoroughly.
- The school uses a wide range of resources including: Food Standards Agency workshops and follow-up resources, the Glo-bug machine, E-bug resources and a series of story books.
- Pupils help keep standards high by creating hand washing posters annually which are displayed in the toilets and around the school. They prepare the tables for lunch by

cleaning them thoroughly, reminded everyone to wash hands before eating and monitor the temperature of the refrigerators.

- Appropriate guidelines for returning after an illness are on the website and in the school prospectus.
- The school works well with the school nurse to ensure good practice. They are involved in the immunisation programme and the nurse and the healthy schools team has supported curricular programmes.

Areas for further consideration

- Use the appraisal forms in the package Tyfu i Fyny to seek the views of the pupils about the Sex and Relationship lessons received.
- Review the Sex and Relationship policy (it is 3 years since it was reviewed). Very few changes will be required but it is good practice to review every 2-3 years.

Feedback to pupils

Dear pupils of Ysgol Carreg Emlyn, thank you very much for making our visit so enjoyable. It was great to get a chance to speak with so many of you and everyone was kind and courteous.

Special thanks must be given to the Criw Clen and the pupils who led us on our tour of the school at both sites and shared so much information while we were on the tour. Your presentations were particularly good with KS2 demonstrating their ICT skills during their presentation and Foundation Phase pupils demonstrate their presentation skills. We received excellent information from you in the two presentations. Your work is very good, and it was evident throughout the visit that you enjoy your time in school greatly and are enthusiastic about and, understand extremely well, the work of the healthy school. All of which helped us in assessing your school for the National Quality Award.

It was very good to see that all pupils can have a voice and the work of the school council, the eco-council, sports ambassadors, the super ambassadors, road safety officers, E-Team, the language Charter group, the Criw Clên and Ffrindiau Bach a Mawr is particularly good. It was obvious to us, that through your hard and conscientious work you are making your school a great place, safe and happy.

One of the things that I noticed most in your school was that everyone seemed so happy with so much respect and care shown towards each other and towards the environment. Everyone was well behaved and respectful, extremely polite and kind to each other.

We had the opportunity to share lunch with you and everyone was well behaved and, once again, everyone was extremely polite, and the lunch and the conversation was pleasant. It was good to see that you ensured that the tables were clean before lunch and everyone was so good about washing their hands. It's great to see that all pupils can have a voice and that you have been able to make decisions about aspects that are important to you. Remember, you will help to make your school a wonderful place – somewhere that is safe, happy, busy and where you can learn how to be healthy while growing up.

Keep up the good work and good luck for the future,

Eurwen Hulmston

Feedback to local Co-ordinator