



# Much Woolton Catholic Primary School

## Health & Wellbeing Newsletter 2016

2015-2016 has been a fantastic year for our school and we wanted to share some of our successes in this area. The Health & Wellbeing of our pupils underpins everything we do at our school and this was recognised by Ofsted in our 2016 inspection:

*'The school's work to promote pupil's personal development and welfare is outstanding.'*

### Achievements!

In July 2016 Mr. Finnegan and the staff team produced a Sporting Achievement Report which published all of our sporting accomplishments.

In addition to our sporting achievements we have also achieved the following...

- \* Sainsbury's School Games Mark GOLD 2015-2016 in recognition of our dedication to school sport.
- \* Eco-Schools Bronze Award—Our School Councillors helped to carry out eco-surveys in our school and it was promoted through a poster competition and whole school recycling assembly.
- \* Healthy Schools Award 2015 (this lasts for 3 years)
- \* 100% of our Year 6 children left our school being able to swim 25m.
- \* 100% of the Year 5 children passed their cycling proficiency test.
- \* A record number of children represented the school in at least one or more sporting competitions at venues around the city.
- \* We delivered 22 different extra-curricular activities on our site.
- \* 22 children were trained as Young Leaders and received certificates.
- \* Our school took part in a national initiative called 'Beat The Street' that was commissioned by Intelligent Health. 10 children attended a celebration event at the Metropolitan Cathedral in September to recognise our commitment to the event
- \* All children took part in Road Safety Workshops.
- \* Year 4 took part in the Liverpool Anti-Smoking Project 2016 and we were awarded with a certificate for our participation. This was commissioned by the NHS Liverpool Clinical Commissioning Group and is aimed at preventing children from starting to smoke when they reach adult hood. We also attended a celebration event with other schools at the Archdiocese.

How is Health & Wellbeing promoted in school?

- ◆ P.E. Lessons
- ◆ P.S.H.E. Lessons
- ◆ Science Lessons
- ◆ Assemblies from outside speakers
- ◆ Workshops from outside agencies
- ◆ Sporting Competitions
- ◆ Extra-Curricular Activities
- ◆ Day Trips and Residential Visits
- ◆ Participating in local and national initiatives and awareness days.



## Plans for 2016-2017

Year 5 are currently piloting '1k a day,' where they run 1k on our running track before their lessons begin!

Our new sports hall is well under way and we look forward to this enhancing P.E. lessons and before and after school provision across the school.

GULP (Give Up Loving Pop!) – We have been asked to pilot a scheme which addresses the amount of sugar children drink in fizzy drinks. This will be delivered via PSHE to year 5 by the GULP team in the Spring Term.

ECADETS – We are now an E-cadet school. Our new School Council will over-see this programme and will complete a number of hours of e-safety training online. They will then become safer internet ambassadors for the school.

14 new Young Leaders have been recruited and they will be provided with training from Liverpool School Sports Partnership in November. Once they have completed their training, all will be issued with a certificate.

We have now appointed a Head Boy and Head Girl of our school and prefects have also been appointed.

Widnes Vikings have just finished coaching Year 3 for 5 weeks and will be continuing with Year 4 this half term. Sessions will culminate with a festival at the Vikings Stadium. The children looked really smart in our new school P.E. Kit too!



Our new extra-curricular timetable is now complete and we have 2 outside providers offering dance and gymnastics, basketball and a multi sports programme. A copy of this can be found on our school website.

Miss Wilson and Miss O'Toole are currently reviewing how Sex and Relationship Education is taught in our school and will be looking at developing the new scheme that is soon to be published by Liverpool's Archdiocese.

A further big thank – you to our P.T.A for funding our new school minibus! The cost of hiring a minibus to take children to various sporting events in the past been a costly and time consuming procedure! The fact that we now have our own transport has opened up so many more opportunities which will allow us to attend more events across the city. In the first half term of the year we have already been to The Beat The Street Event at the Cathedral, Year 1, 4, and 5 football matches, Cross Country races and Widnes Vikings Stadium. We are now looking forward to this half terms competitions and events!



## What is P.S.H.E.?

Personal, Social & Health Education is currently a non-statutory national curriculum subject however all schools must make good provision for this. At Much Woolton, we are dedicated to the Health & Wellbeing of our pupils and want to ensure that they leave our school with a set of life long skills that will support them in the long term.

Mr. Chamberlain, our Learning Mentor, currently delivers our P.S.H.E lessons and topics are broken down into 3 main areas that are covered during each academic year; Developing Good Relationships, Developing a Safe, Healthy Lifestyle and Becoming a Good Citizen.

In addition to these areas other lessons are delivered that focus upon safer internet use, firework safety and other topical issues.

I like P.S.H.E. as it helps me be safe and aware about things outside of school. *By Misha*

P.S.H.E. teaches all of us valuable life lessons and Mr. Chamberlain does that in a fun, enjoyable way!

*By Thomas*

I like P.S.H.E. because we find out about interesting facts, such as when we voted about leaving the E.U.

*By Jamie*

## Awareness Days 2016-2017

Oct - International Walk to School Month / Black History Month

Nov 13th—World Kindness Day

Nov 14th -18th—Anti-Bullying Week

Feb 7th—Safer Internet Day