



Healthy Schools achievement booklet

Here are some of our
achievements ...



Healthy Schools

HAMPSHIRE

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Brighton Hill Community College

The Healthy Schools programme has been a positive and worthwhile experience for the whole school. It has allowed us, as a school, to see where we were at the start of the process, allowing us to see what we already do well and move further forward in these areas.

In terms of personal, social and health education (PSHE), it has allowed us to celebrate successes and work more closely as a school to show the cross-curricular impact. In physical education (PE), it has improved the lunchtime and break time menus of sports, with footballs being available to borrow and the prefects organising mini tournaments.

The Healthy Schools programme created a better relationship with the caterers and allowed the student council to voice their opinion on the changes being made in the canteen. We have also, with the help of our caterers, set up GCSE catering – below are some of their healthy dishes. In the well-being section, it allowed us to celebrate the successes of vertical tutoring in our college.

In conclusion, a worthwhile process that we would recommend to any school.



Brookfield Community School and Language College

As a school community we are very proud to have achieved the Healthy School Status and by working in partnership, we are beginning to make a real difference for the benefit of our students.

- Healthier menus have been introduced.
- Students show an increased awareness of food they consume.
- There has been an increased uptake of sporting activities.

Initiatives and changes as a direct result within the context of the house system, vertical tutor group, and rights, respect and responsibilities (RRR) are moving us towards a healthier environment for all.

Chiltern Primary School

We believe that the health and well-being of children is the strongest foundation for happiness and achievement in life, and we strive to achieve this for every child in our care.



Miss Mabey, Healthy Schools Co-ordinator, with the two children who will be attending the ceremony, photographed in front of a mural in the early years playground. The mural was created through links with Southern Electric

Dogmersfield CE (Aided) Primary School

Dogmersfield CE Primary School aims to provide a healthy, happy and safe environment for all our children. We believe that the well-being of our community is of the utmost importance and aim to help children to make informed choices which take care of their minds, bodies, emotions and relationships.



Everest Community College

Becoming a Healthy School has really made a difference to Everest Community College. Students now realise that being and remaining healthy involves many things – making the right choices when it comes to eating, exercising to remain fit and active, making sure that you are aware of what is involved in growing up and the changes that take place as you move from being a child through to becoming a teenager, and knowing where and from whom you can get answers to the questions that you might have about things that trouble you.

Our restaurant provides great healthy food, lots of students now take part in sporting activities before, during and after college and staff join in many of these, assemblies are great because there is always something to celebrate, particularly the end of term assemblies, and we are now more of a community, working together and helping each other. There is a positive atmosphere about the College; we are happy here. That is what Healthy Schools has done for us.



Hatherden CE Primary School

Working through the Healthy School framework enabled us to identify areas for development. We have seen particular successes as we have implemented specific initiatives related to emotional health and well-being.



Perins School – A Community Sports College

To ensure the health, social and mental well-being of our students, we have embraced all aspects of Healthy Schools and use it as a platform on which to base our standards for everyday life at the school. Working towards achieving the status has led us to evaluating our strengths and weaknesses and developing areas further such as student voice, student's awareness of their personal health and well-being, and an extensive range of physical activity clubs providing for all.

The main benefit for us, of working towards the Healthy Schools Award, has been recognising the strengths of our current provision and how it reflects *Every child matters* (ECM) as a whole.



Year 11 students on a Duke of Edinburgh Award expedition



Perins students with Ogwini High School students (our South Africa twin school)

Romsey Primary School

At Romsey Primary School we are proud to have achieved the Healthy School Status. Through the Healthy Schools ethos our vision is to have confident, caring and independent learners who enjoy school life, achieve and aspire. We have worked as a whole team to make informed choices. One of our main aims was to embed in all aspects of school life a pupil voice, wishing to promote children's ownership of their lives through their informed choices leading to a healthy lifestyle and a fulfilling life.



Saxon Wood School

We have thoroughly enjoyed working towards Enhanced Healthy School Status. As a school, we held a healthy eating week where we all discovered more about fresh fruit and vegetables – where they came from and even tried some that we had not tasted before! We also planted a fig tree, invited parents/carers in for a healthy lunch and had a *Ready, Steady, Cook* competition. We are also incredibly proud of our Active Mark Award for sports which we have received two years in a row.

The staff have also benefited by being a Healthy School and regularly take part in the weekly yoga sessions, held at school once the children have gone home.

St Lawrence CE Primary School

Under the umbrella of Healthy Schools we have been able to see the bigger picture of how its overarching ethos reflects the core beliefs of our school – whether it is making natural links between social and emotional aspects of learning (SEAL) and RRR, introducing peer mentors, consulting parents/carers on how we teach sex education or developing our extra-curricular activities. We believe that concentrating our minds on the PSHE of our children has helped turn our school around. Pupil and parent/carer questionnaires reflect a school that has the child at its heart.



St Patrick's Catholic Voluntary Aided Primary School

The Healthy Schools team enjoy being part of a group that **has** made a difference. Being part of Healthy Schools has made us more active. The packaging used in lunchboxes has been reduced and children are now bringing in healthier lunches to gain *healthy points*.



Two children from our Healthy Schools Committee who will be attending the award ceremony and Mrs Hislop, our Healthy Schools Co-ordinator

The Clere School and Technology College

The Clere School decided to continue on its journey for Enhanced Status in Healthy Schools so that it could focus upon healthy eating combined with well-being. A key contribution to this has been the enormous popularity of cooking at the moment. In a recent competition, nearly a third of the school entered, devising their own recipes to prepare. The school has a long track record of participation in sport and in recent years has extended its range of sport to over 30 different and unusual activities. The walk for Water Aid was probably the most memorable, together with some Aussie Rules Football and Ultimate Frisbee.



New Enhancement Model Annual Review

The following schools have recently received confirmation that their New Enhancement Model Annual Review has been successful. Congratulations to you all.

Abbotswood Junior School

All Saints CE (Aided) Junior School

Balksbury Infant School

Belle Vue Infant School

Bishops Waltham Infant School

Bordon Junior School

Burghclere Primary School

Bursledon CE Infant School

Bursledon Junior School

Calmore Infant School

Castle Hill Infant School

Chawton CE Primary School

Clatford CE Primary School

Cove School

Crofton Anne Dale Junior School

Crofton Hammond Junior School

Cron dall Primary School

Crookhorn College of Technology

Cupernham Junior School

Durley CE (Controlled) Primary School

Elson Infant School

Fair Oak Infant School

Fair Oak Junior School

Fairfields Primary School

Fordingbridge Infant School

Four Lanes Community Junior School

Four Marks CE Primary School

Foxhills Junior School
Freegrounds Infant School
Frogmore Infant School
Fryern Infant School
Fryern Junior School
Grateley Primary School
Greatham Primary School
Hamble Primary School
Harestock Primary School
Harrison Primary School
Hart Plain Infant School
Hart Plain Junior School
Hatch Warren Infant School
Hatch Warren Junior School
Henry Beaufort School
Henry Tyndale School
Hiltingbury Infant School
Hiltingbury Junior School
Hounslow School
Itchen Abbas Primary School
John Hanson Community School
John Keble CE Primary School
Kempshott Infant School
Kings' School
Lee-on-the-Solent Infant School
Lee-on-the-Solent Junior School
Leigh House School
Locks Heath Junior School
Longparish CE Primary School
Manor Infant School
Manor Junior School

Medstead CE Primary School
Mengham Junior School
Merdon Junior School
Milford-on-Sea CE Primary School
New Milton Infant School
Newtown CE (Voluntary Controlled) Primary School
North Farnborough Infant School
Northern Junior Community School
Nursling CE Primary School
Oakfield Primary School
Oakley Infant School
Orchard Lea Infant School
Otterbourne CE Primary School
Padnell Infant School
Park Gate Primary School
Parsonage Farm Nursery and Infant School
Petersfield Infant School
Poulner Infant School
Preston Candover CE Primary School
Ranvilles Infant School
Ranvilles Junior School
Riverside Community Special School
Rowlands Castle St John's CE (Controlled) Primary School
Rowner Infant School
Rucstall Primary School
Shakespeare Infant School
Shakespeare Junior School
Shamblehurst Primary School
Shipton Bellinger Primary School
South Baddesley CE Primary School
South View Infant School
St Anne's Catholic Voluntary Aided Primary School

St Francis CE Primary School
St Francis Special School
St Mary Bourne Primary School
St Michael's CE (Controlled) Junior School
St Peter's Catholic Voluntary Aided Primary School,
Winchester
Stakes Hill Infant School
Stoke Park Junior School
Sun Hill Infant School
Swanmore CE (Aided) Primary School
Swanmore College of Technology
Testwood Sports College
The Butts Primary School
The Connaught School
The Henry Cort Community College
The Priory Primary School
The Samuel Cody School
Tower Hill Primary School
Trosnant Infant School
Trosnant Junior School
Uplands Primary School
Velmead Junior School
West Tytherley CE Primary School
Westfields Junior School
Whiteley Primary School
Wildern School
Winnall Primary School
Woodcroft Primary School
Wootey Infant School
Wootey Junior School