

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 Morryston Primary School, Swansea.

July 7th 2022



Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Morryston Primary School 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 Morryston Primary School seek to maintain and extend the excellent approach and embed it even further into 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*

Lynne Perry

Summary of Visit

The School Vision and Mission Statement, which have been drawn up in consultation with pupils, staff, parents and governors are 'To Be the Best That We Can Be' and 'Together Everyone Achieves More' this sums up completely the inclusive nature of the school and how diversity is celebrated. It has a very caring philosophy and well-being is at the heart of everything that the school plans and delivers. All school staff are firmly, and enthusiastically committed to the aims of the school and to the aims of the Healthy School Scheme. The highly committed and enthusiastic staff at the school know their pupils very well and target their work so that each pupil has appropriate support. They deal with their vulnerable pupils with care, wisdom and sympathy. The teachers, the teaching assistants and auxiliary staff are all highly valued and there is a strong feeling that all staff are working as a team. This caring and sharing ethos stems from the careful and sensitive leadership of the head teacher.

The meeting with Key Partners that included a parent/governor, a practitioner of Spectrum and a police officer, further strengthened the prominence of caring and wellbeing within the school and the heart of the local community. The support for parents and the community is a stand out feature.

The behaviour of the pupils within the school was very good; they were polite, courteous and eagerly shared their time with us. They were able to answer questions well and the representatives of the numerous pupil led groups such as healthy schools, school council, eco, digi champions, rights respecting owls and play champions, showed maturity and confidence when explaining their roles. Their behaviour definitely reflected the ethos of the school. The voice of the pupil is very well catered for within the school, pupils shared their roles and responsibilities enthusiastically and were proud of what they had achieved.

The Healthy School Scheme within the school demonstrates strongly a whole-school approach, the headteacher and school coordinator work closely together to ensure the entire school team works together to enhance health and well-being for the whole school community. Not one aspect of work within the school is a standalone project. All the areas of development are planned so that they are one piece of a jigsaw, which when fitted together ensures that the school is working as one composite team for the well-being and nurturing of the pupils. The great enthusiasm and commitment of all staff was definitely evident in all the work we saw during the visit. The work of other projects within the school,

is closely linked at all times to the work of the Healthy School Scheme ensuring that all the work melds together very successfully.

Commitment to health and well-being is also shown in the School Development Plan as it is a key feature, in addition the school council have also developed an excellent pupil friendly version. The staff also have many opportunities to extend their skills and knowledge as in-service training has a priority within the school. The school has invested in 'Thrive' a well-being programme to improve attendance, behaviour and attainment, each class teacher carries out assessments and develops individual strategies for identified children. Morriston School is also an Empathy School which feeds into and compliments Thrive programme.

One of the strongest aspects in school is the curricular work. All aspects of the Healthy School Scheme had been visited regularly and were strongly embedded across the curriculum. The health and well-being curriculum map was very clear ensuring that all aspects of the Healthy School were delivered well across all the year groups.

The school building is old with very little green space however the best use has been made of all areas making a stimulating environment. Well-kept displays and information abound, and every corner has been utilised for the benefit of the pupils with quiet corners available for anxious pupils.

Morriston Primary School has the welfare, health and well-being of their pupils at the heart of everything that they do. Morriston Primary School is most certainly a Healthy School and fully deserves the National Quality Award. Thank you very much to all the staff and everyone within the school community for all the hard work and for the warm welcome.

Highlights of the visit***Food and Fitness***

Morriston Primary School has taken a wide range of steps to protect and promote the health and wellbeing of the school community in terms of diet and physical activity. These steps are now well and truly embedded in the life of the school – a very positive thing to report.

Food and Fitness is well delivered across the whole school, through the curriculum and extracurricular activities, offering pupils a wealth of opportunities to participate in physical activity and learn, and experience, what it is to eat healthily.

Food provided in the school complies with the Healthy Eating in Schools Regulations 2013. The school lunches and breakfast club provide children with a high standard of food. Drinking water is readily available across the school site. The following points highlight just some of the many strengths associated with these topic areas:

Food

- There is a high level of synergy and mutual reinforcement between what the pupils are taught and what they see happening (and what they can do) in school. This positive reinforcement of classroom experience is excellent and is to be applauded.
- A wide range of curriculum resources are used in both KS 1 and KS 2 to provide an in-depth, wide ranging and consistent set of messages on healthy eating.
- The school has very good links with businesses in the community and community organisations, this is beneficial in terms of broadening the children's experience and knowledge of food. One example of this was the 'Farm to fork' initiative run by a local supermarket.
- Pre-Covid the school ran an afterschool health and wellbeing cooking session for both parents and pupils. This was great practice.

Fitness

- The use made of the school's outdoor areas to promote physical activity is excellent – a wide range of equipment is available for the children to use during their break and lunchtimes and in the after school activities.
- The school has many links with local sporting organisations and clubs. In turn these links, and the collaboration that stems from them, provide opportunities for the pupils to experience a rich and diverse range of physical activities. These groups include,

Swansea City Community Trust, Football Wales, Morryston Play Champions, Paralympic athletes and circuit training, cricket and boxing etc.

Mental and Emotional Health and Wellbeing

The support given to enhance the well-being of pupils, staff and the whole community is outstanding. From the curriculum, assemblies, parent workshops and the exceptional, wide reaching community hub the school goes the extra mile to ensure that they can provide many opportunities and support to pupils and families.

- Pupil voice is given a priority in all aspects of school life through the many and varied pupil groups.
- The Rights Respecting School articles are evident throughout the whole school and school policies, the motto is 'Ready, Respectful, Safe' and Roger the Owl is a very impressive Rights Respecting character.
- Behaviour is excellent, there are clear behaviour procedures and consequences in place including a variety of positive reward schemes such as head teacher's award, reward cards, class dojos and praise boards, 'Kind Hands, Kind Words, Kind Feet', plus many more. Restorative practice is used to resolve conflict for which all staff have been trained.
- Check in is used effectively each day, in addition there are Worry Monsters in years 2-5 for children to feed their worries into. All members of staff receive training to support the well-being needs of pupils.
- Mindfulness is incorporated into the daily timetable along with weekly well-being assemblies.
- The Happen Survey is used to inform the help and support needed for children and families.
- A Positive Parenting workshop is held each Tuesday which is open to parents, the local community and the cluster schools.
- Staff well-being questionnaires have been developed and introduced; the outcomes shared with staff.
- The pastoral care for pupils and parents is outstanding and is to be commended.

Personal Development and Relationships

Good planning and training have ensured that the Morryston Primary School is well placed to introduce the new RSE curriculum from September 2022.

- The excellent curriculum planning across all school year groups from Nursery to Yr 6.
- Training has been provided for staff and governors in preparation for the new RSE curriculum September 2022.
- Good use of Spectrum and Tyfu i Fyny resources and the excellent locally developed resource.
- Very good working relationships with the school nurse, Spectrum practitioner and police who support some of the teaching.
- Pupil reviews of the curriculum completed on a regular basis and acted upon.

Substance Use and Misuse**Highlights**

- Good use of outside agencies to support the delivery of substance misuse education.
- The school uses the All-Wales School Liaison Core Programme well and has great respect for PC Chris who visits regularly.
- Members of staff stay in lessons delivered by PC Chris and follow up using the WNHSS Substance Misuse Toolkit.
- The excellent planning for this area across all school year groups.
- All year groups benefit from Spectrum lessons which include positive relationships and resisting unwanted peer pressure.

Environment

Despite being in an urban area and having a small facade, Morryston Primary School is able to offer an incredibly attractive and resourceful environment that goes over and above the criteria requirements. Examples of the stand out features are provided below:

- The work of the very active Eco-Committee which consists of children drawn from across the school and which has led to Morryston Primary School achieving Platinum status. Morryston is also a Beacon School.

- The school has absolutely maximised the potential of its site and has created a garden area (with greenhouse, pond and plant beds) and an outdoor learning area. Given that Morryston is very much an urban school this is amazing practice!
- The school has worked with Welsh Water to have water saving taps installed throughout the school.
- Recycling bins are widely available across the school site.
- The school has collaborated with the PSCO and a NEAT's team to undertake litter picking in the community around the school.
- Environmental awareness, sustainability and the need for people to act responsibly so far as our use of the local and wider environment are concerned, are thoroughly embedded in both the curriculum and the culture and ethos of the school. This is excellent practice.

Safety

Keeping the school community safe is a vital and central element of the ethos and culture of Morryston Primary School as the following points, which illustrate just some of the strengths of the approach, reveal:

- The school has developed a very strong approach to safety. This has been built on the foundation of a clear and comprehensive policy framework – relevant policies include: the Health and Safety Policy, the Child Protection and Safeguarding policy, the Health Care Policy and the E safety and Acceptable Use Policy.
- Training provision for staff on safety related issues is very strong.
- Issues associated with safety are seamlessly incorporated into the taught curriculum.

Hygiene

All aspects of hygiene are well covered and supported by external agencies. The provision of hygiene products for pupils and the wider community, charity funded, but sought by the school, highlights further the exceptional support provided for pupils and families.

- Involvement in the Designed to Smile programme.
- The healthy schools committee were involved in planning the improvement of the toilets and developed hand-washing posters.

- Staff have received levels 1 and 2 food hygiene training in addition to food hygiene certificates awarded to pupils attending cookery club.
- Hygiene aspects are included in curriculum planning for all year groups.
- The support provided by the school nurse within the curriculum, policy development and staff training in relation to hygiene and the administration of medicines, also providing workshops and information for parents.
- Raising awareness of campaigns such as Period Poverty and Catch it Bin it Kill it.
- Hygiene products provided in the girls toilets.
- Hygiene products freely available to parents, the community and cluster schools.

Areas for further consideration

- Maintain current excellent practice.
- Encourage the pupil led groups to produce more child friendly policies similar to Anti Bullying and Cool Complaints policies already produced by them.
- Water bottles – more information on hygiene of water bottles for parents and also ask the pupil groups to remind pupils that the bottles should only contain water.
- In the school Welcome Pack, as you have such excellent pupil led groups, the groups could produce a welcome letter to be included in the pack.
- Include health and wellbeing in the school aims.
- Include a Healthy School section on the school website promoting what a healthy school is and what you as a school do.
- Include loss and separation in the Bereavement Policy.
- Display more than one pupil friendly hand-washing poster in the toilets, at eye level for the appropriate age group.
- Be clear in the Sun Safety Policy on the application of sunscreen in school.

Feedback to pupils

Dear Michelle year 5, Marissa Year 3, Olivia year 4, Michelle year 2, Jailan year 3 and Lola year 5, and the representatives of all the groups, thank you so much for the help you gave myself and Mr Griffiths when we visited Morriston Primary School to look at all your lovely Healthy School work. You were so knowledgeable about the work in the school and were able to answer all our questions with such confidence. Your presentations were excellent and the fact that you were able to spend more time with us during the day so that we could ask you more questions helped us a great deal. There were other children who also talked to us during our visit so maybe we can ask you to thank the whole school for making us feel so welcome.

It was a wonderful experience to have you show us around all the amazing things you have in your school. You told us some of the things you liked best about school were 'health and well-being', 'good relationships' and 'diversity'. I think that you are so lucky to go to a school that cares so much about making your time in school so happy and creative.

We were very impressed with the work of all the pupil led groups. You work very hard and responsibly and the groups work so well together. You all contribute so much to school life and also to the wider community. Very well done to all the groups.

You have a really lovely school, with caring staff and wonderful opportunities. Keep on with the great work and good luck for the future. We really enjoyed our visit which was made extra special as we had such great helpers and information givers!

Very best wishes for a healthy happy future.

Lynne Perry

