

# ***Exemplars of Good Practice – Birmingham Schools Interviewed***

*Schools were selected across Birmingham based on improvements observed between 2012/13 data to 2014/15 in Year 6. Full case studies of each school can be found on our Public Health website: [www.birminghampublichealth.co.uk](http://www.birminghampublichealth.co.uk). Below is a snap shot of some of the great work taking place and how it is funded.*

## ***Acocks Green Primary School, Sarah Ward***

Parental involvement in children's learning is positively related to achievement. It has a positive impact on parents' perceptions of the school as well as improving communication and relations between school staff and parents. Acocks Green Primary School uses a range of different parental engagement strategies including coffee mornings in school organised by parents, 6 weekly cookery classes for parents and children in their school kitchen, and have previously held parent activity classes such as Salsa and Keep Fit during school times. All these activities have been funded through the school budget or fundraising activity.

Continuing to generating income to fund initiatives is vital. Acocks Green School have employed a full-time Business Manager dedicated to establishing a range of funding opportunities. The School Council informs Staff on what activity or playground equipment should be purchased to enable them to be more active and healthier. Activities such as daily breakfast clubs, after school clubs or parent sessions mentioned are funded through the school budget, fundraising or successful grant applications.

## ***St Catherine of Siena Catholic Primary School, Dawn Kenny***

Evidence shows how subtle changes to the accessibility and presentation of healthy foods can help school students make better food choices. St Catherine of Siena Catholic Primary School is working hard with pupils to create a healthy food environment within their school by:

- Implementing a food policy designed with pupils that promote healthy snacks and lunches; this has been promoted to parents in the School newsletter.
- Pupils do not take in their own snacks and instead have the option of purchasing a healthy snack in the school tuck-shop.
- The School Council are actively involved in creating their school menu and regularly meet with the head cook to discuss healthy menu options and ideas.
- The School Council carry out audits on lunchboxes based on the food policy and feedback to dining room staff.
- Dining Monitors are nominated to engage students in making healthier choices and help Dining Room Staff serve salad options.
- An active reward scheme promotes good behaviour and healthy eating choices. Rewards are distributed in the form of stickers by Dining Room Staff to those identified as selecting health choices.

### ***St George's Church of England Primary School, Sarah Ward-Evans***

Creating partnerships with local businesses has been extremely beneficial. The school has accessed free support from both Tesco and Morrisons through their Community Champion Programmes. These Programmes offer interactive sessions led by a Store Champion and can include supermarket tours focusing on food labelling and sugar content or practical dough making sessions. In addition, the Programmes are designed to inspire children to follow a healthier lifestyle and get them excited about fresh produce.

St George's CoE Primary School also participates in the Health for Life programme. The programme encourages a pro-active approach to developing a healthy lifestyle and focusses on growing food, physical activity, healthy eating and cooking skills. To support the programme, the school has held numerous assemblies throughout the year on healthy lifestyles to create awareness amongst the children. Healthy eating messages are also promoted daily on the Dining Room TV monitors. The School Council, which includes two pupils per class, have also been involved in creating Healthy Eating Fact Cards which have proved popular with pupils. The School believes it is important to provide children with enough information to enable them to make informed decisions for themselves independently.

### ***Coppice Primary school, Richard Green***

Coppice Primary School has adopted a whole school approach for Physical Activity. The school believes that physical activity, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. Methods used include:

- Appointing a Physical Education Coordinator, funded by the Sports Premium, to who coordinate all activity before, during and after school as well as supporting staff development through upskilling sessions to staff members.
- Conducting market research is felt important in finding out which activities pupils prefer. Activities have included Zumba, gymnastics, archery and dance classes.
- Teachers are seen as positive role models. School competitions include Staff v Student games and pupils also have opportunities to watch Staff Only competitions
- Parents are also involved in activities such as the Annual School Run, allowing parents a chance to engage in sport activities with their children and raise awareness of the importance of physical activities at home.
- Strong partnerships have been developed with AVFC who are actively involved in delivering healthy lifestyle programmes to pupils.
- The School are keen to promote Active Travel by encouraging cycling, walking or using Scooters to and from school, and having been highlighted as one of the best performing schools in this area.

### ***Stirchley Primary School, Davie Clifford***

Stirchley Primary School puts great emphasis on creating a positive ethos and environment with a focus on the health and wellbeing of both their pupils and staff. The evidence highlights that those schools who invest in the wellbeing of teachers can help improve staff morale and have a positive impact on pupils to create a good learning environment. Stirchley Primary School offer all teachers 15% of time dedicated to Planning, Preparation and Assessment Activities (PPA) to relieve some of

the existing work pressures compared to many schools which only offer 10%. They deliver on a programme called “The Bank Of Goodwill” which gives staff the opportunity for flexi working or working from home where possible and for those staff who require leave during the school year it allows for alternative staffing arrangements to be made. The positive ethos created allows for teachers to feel valued and has resulted in existing staff retained for longer, reduce absenteeism and as a result no funding required for the last two years for supply teaching. This in turn has helped improve pupil attainment. These saving have been reinvested back into the school.

The school has funded an outdoor gym through the school budget. A Specialist Sports Teacher now coordinates a programme at lunchtime with a timetabled rota so all children have the opportunity to utilise the gym equipment. The school has also introduced a healthy eating policy, and the “Grow to learn” initiative promotes healthy eating, utilising the local allotments to grow fresh fruit and vegetables, targeting pupils from deprived backgrounds that may not lead a healthy lifestyle. The Healthy Eating Policy also has a strict ‘no snacks from home’ rule as the school provides pupils with free healthy snacks, funded by the Pupil Premium.

### ***Kings Rise Academy, Louise Noonan and Mark Worthington***

Kings Rise Academy offer many opportunities to support parents, pupils and staff to be more engaged in adopting healthier lifestyles. The school provides a free breakfast for all pupils delivered through Magic Breakfast. Magic Breakfast is a registered charity in the UK ensuring that no child is too hungry to learn through the provision of healthy breakfast food. They support schools, free of charge, where 35% or more pupils are eligible for free school meals. Kings Rise Academy have encouraged parents to be actively involved in the scheme by providing relevant training to volunteers e.g. ensuring everyone completes their health and hygiene certificate.

The school also delivers a Play Leaders Initiative which involves selecting and training enthusiastic pupils to support Supervisors and keep lunchtime fun and active through organising and leading a range of activities for children in all year groups. This could include speedy cup stacking to musical theatre. The Play Leaders record child participation on charts and the feedback from both pupils and staff has been really positive, with notable improvements in behaviour during lunchtime as well as the positive impact it has had on pupils’ activity.

### ***Reaside Academy, Kerry Lawrence***

Reaside Academy believe teachers should act as role models by instilling positive characteristics in a child to help develop their self-esteem, values and goals. School staff have been given the role at lunchtime to coordinate activities in the playground with pupils. In addition, the school offers a wide variety of activities including cookery clubs, both after school and during curriculum time and ‘Grow Their Own Vegetable’ programmes with the students in order to promote healthier eating choices as well as engaging parents in healthy workshop activities.

The school is also involved in multiple local inter-school competitions. This allows pupils to gain substantial experience, showcase skills, analyse and evaluate outcomes and uncover personal aptitude.

### ***Marsh Hill Primary School, Julie Holmes***

Marsh Hill Primary School recognises investment in high quality staff as being the best way to sustain and embed good practice across the school and to deliver against whole school improvement outcomes. The school supports the curriculum being delivered by teachers and utilise expert Physical Education (PE) Leaders to upskill teachers during the course of their PE lessons, and in turn, providing pupils with an higher quality lesson. Lessons are focused to ensure children achieve success at their own level and with similar ability peers. PE Leaders are funded through the Sports Premium allocation. Marsh Hill Primary School strives for active participation in all aspects of their curriculum, whilst providing a wide range of sporting activities including dance, football, golf, benchball and speed bounce.

At Marsh Hill Primary School the dining room experience is very important to ensure a positive impact on social behaviour among students and improved behaviour in the classroom after lunch. The school encourage teachers to act as role models, adopting staff policy to sit teachers with children to eat their healthy lunches.

Cooking lessons with pupils have proven fun activities with a positive impact on eating habits. Marsh Hill Primary School are aware evidence highlighting pupils who are given a better knowledge of cooking techniques, preparing food and encourage trying new foods are more likely to grow up to be healthy adults. As a result they deliver weekly cookery sessions to reception and years 2 – 5.

### ***Chad Vale Primary School, Rhys Bowen and Andy Clark***

Chad Vale has some impressive programmes of activity which are proving successful.

The school has signed up to take part in The School Games, a free national initiative that aims to enhance opportunities for young people of all abilities and backgrounds to participate in competitive sport. The School Games are made up of different levels of activity - competition in schools, between schools, and at a county/area level. Chad Vale has been successful at reaching level three; the regional tournament for handball, tennis and gymnastics over the last two years.

For two consecutive years Chad Vale has achieved 100% in the Key Stage 2 expectations for swimming. Key to this success has been offering all pupils from year 2 to 6 swimming lessons throughout the year. For those who have not met the expectations by year 5 and 6 are offered additional weekly catch up swimming sessions. The school have developed a good partnership with Blue Coat School, who have their own swimming pool, and is within a short walking distance from Chad Vale.

Chad Vale supports the provision of skills, training and experiences to enable pupils to travel more actively, safely and independently e.g. supporting pupils to partake in a Bikeability course. Chad Vale believes they have achieved real behaviour change to sustainable modes of travel through implementing the Walk To School Awards Programme. Classes are encouraged to choose active modes of travel for journeys to school and are then presented with an award each month.