

**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
Hawarden High School**

18 & 19th September 2019

Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Hawarden High 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 students and staff at Hawarden High School 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 student 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>).

Linda Lewis

Summary of Visit)

There can be no doubt that Hawarden High School is a health promoting school and completely deserves the National Quality Award. During the visit it quickly became apparent that the concept of the healthy school and the promotion of the physical, mental and spiritual wellbeing of everyone connected to the school are fully and completely embedded in the life and culture of the school.

Meetings with the Headteacher and senior leaders reinforced this initial impression. The many demands of a changing curriculum and school improvement are handled to impose least damage to mental health. The health and wellbeing of students and staff is considered a priority; team work, a supportive atmosphere and the excellent provision of support, through the School Counsellor, the School Nurse and all staff involved in pastoral care. The work of the Healthy School scheme In-school coordinators and line manager in promoting health and wellbeing has proved to be very effective and is most commendable. The wealth of evidence provided has been concise and easily accessible, thank you.

The contribution of students to the health of the school population is wide ranging, with many opportunities to offer opinion and influence decisions through the wealth of councils and committees. An outstanding feature is the analysis of School Health Research Network (SHRN) data through the House system. The resulting action plan has been incorporated into the curriculum, especially through PSE; student voice has been able to influence curriculum in an attempt raise issues, to change behaviour and promote health. Alongside the student voice lies the respect that comes from understanding human rights, the resulting effect is to provide a calm, friendly, focused school environment. The ethos of the UNCRC underpins daily life with the school.

The school is at the heart of the community and plays a vital role, parents and carers are welcomed, kept informed and involved. Involvement in Investors in Families programme compliments the healthy school scheme with shared values. The school sports facilities are well used and integrated into community ethos by the work of the community sport development officer. Outside agencies play a welcome supportive role. There are many examples of community initiatives which embed the work of the school into the community and help students to develop an ethos of charity and caring for others. Governors support and challenge the leadership team; students regularly provide governors with information and opinion so that their voice is heard at the highest school level.

Health and wellbeing have been incorporated into every aspect and element of school life, including the curriculum, the school environment, relationships both within and across the school and with external groups and agencies, it was a pleasure and a privilege to witness.

It has been difficult to express all of the contributory factors in a relatively short report, I hope I have given a good overview of this exemplary school.

Highlights of the visit

- The Book House, a library area providing activities for Students at break and lunchtime for example chess, Japanese; dog therapy takes place here to encourage reading.
- A very effective student voice contribution to all aspects of school life, with many opportunities for responsibility through councils and committees.
- Active participation of students in school governance, with regular attendance at governor meetings and writing student friendly policies alongside the governing body.
- Excellent support system for students and families through Investors in Families, school counsellors, pastoral staff and outside agencies.
- Excellent notice boards and hallway displays.
- The attitude of the Headteacher to staff wellbeing.
- The excellent use of the Dell for outdoor education and field work.
- The active analysis of SHRN data by students.
- Well planned Transition, Positive Discipline / behaviour management, flexible PSE arrangement, Nurture

Food and Fitness

- Food and Fitness policies are in place, developed in line with Welsh Government guidance (Healthy Eating in Maintained Schools – circ. 146/2014). A Student friendly policy was developed by members of the school council, School Nutrition Action Group (SNAG), School Health Research Network (SHRN) data and the School Sports council. The policy is displayed on the school council notice board.
- School catering is provided by 'Newydd Catering'. Menus rotated on a four weekly cycle and amended every six months, taking into account change in demand and opportunity to introduce new dishes.
- In addition to the catering staff, a number teaching staff have received Hygiene training in relation to food preparation and allergens training. A presentation by the SNAG group to staff has influenced practice by making them aware of issues around eating and drinking, highlighted in a student survey.
- The school has been involved in a number of local and national sports competitions, including athletics, football, rounders, netball, hockey, cross county, Active Mark Cymru, SHRN, Duke of Edinburgh and Sky sports Leaders.
- The 5x60 team provide a number of activities during breakfast/lunchtime and after-school clubs, which complement activities delivered by the PE department. They also provide training for UKCC courses and sports leaders.
- Curriculum topics include; Eat well guide and safety in the kitchen, Junk Food, Food and Digestion, Balanced diet, allergens, breathing and circulation, exercising and skeletal and movement.
- The school have a number of resources supporting physical activities such as astro-turf, netball courts, gymnasium, indoor bouldering wall and bike shed (locked during the day)

for security).

- There are consistent messages around the school in the way of posters and attractive displays. Early lunch passes issued as a reward for achieving a number of house points.
- Food technology and PE are available as GCSE options.
- Water coolers are accessible around the school and students are encouraged to hydrate as much as possible.
- Older students offer support during transitions periods, especially around break and lunch time. Students are involved in a number of sponsored physical events, raising money for local and national charities.
- The school welcomes breastfeeding mothers; a sign is displayed in reception.
- There are a number staff rooms around the school, with adequate facilities, allowing staff to make drinks and store food.
- The vending machine located in the school provides drinks only, which are compliant and are in line with guidance.
- The lunch time experience was good, long queues quickly moved and all students received their lunch in good time. Students were well behaved and seemed to enjoy the social time. The quality of the lunch was very good, offering choice and accessibility. A well organised friendly service, well done.

Personal Development and Relationships

- The school has all relevant policies in place to support students' personal development and relationships, including Safeguarding, Child Protection, Acceptable internet usage and an excellent policy for Sex and Relationships Education (SRE).
- The SRE policy sets out clear aims and objectives and references the PSE Framework for 7-19 year olds in Wales as well as the National Science Curriculum.
- The school council were consulted on the content of the SRE policy and have developed a student version (RSE), which links to the UNCRC Rights of the child. The policy includes a detailed plan of delivery of the SRE curriculum throughout the year groups.
- Parents are informed of their right to withdraw their child from SRE, apart from that included in the Science curriculum.
- Staff have attended extensive training, including Stonewall transgender training, on creating a transgender inclusive school. Staff have also attended training on child sexual exploitation, which included parenting sessions as part of Family Support.
- The school has an excellent and thorough programme of SRE, delivered through a variety of approaches, which include the school health nurse, the All Wales Police Liaison Core Programme, Science and Cat's Paw theatre in education, which focuses on consent.
- There is good evidence of student evaluation, which is in addition to the completion of the SHRN survey, the results of which the school council have used to formulate an action plan. A poster produced by the students, showing a brief summary of the results of the survey, is on display. The poster celebrates the positive responses and highlights areas for improvement.
- Students benefit from having an on-site counsellor available throughout the week; a part time role funded by the school, together with a part time counsellor appointed by the Local Authority.

- The school health nurse is in school twice a week and provides a 'drop-in' clinic where students can access advice and information and may be offered contraception by the school nurse as part of the local c-card scheme. In addition, information signposting students to sexual health clinics is displayed outside the nurse's office. The school nurse also plays a valuable part in contributing to the SRE curriculum, delivering lessons, in collaboration with teaching staff, on puberty, STI's and contraception.

Mental and Emotional Health and Well being

- There are many policies which support mental health and wellbeing, the most important are Safeguarding and child protection, Anti bullying, ALN, Equality, Bereavement and Positive Behaviour management. These have been authorised by governors and reviewed regularly according to the published review cycle.
- Regular training is provided for all staff regarding mental health issues, such as safeguarding, anti-radicalisation, anti-bullying, counselling, buddy training. Additional training is taken up by individual choice.
- The curriculum covers many topics that support mental health, it tackles current issues and is flexible to accommodate issues arising from school council and local needs.
- The extent to which students contribute to the ethos of the school is superb. Students actively participate in setting their own targets, evaluating their own work and their lessons, they can comment on each subject annually; they appoint staff, communicate with governors and participate in mentoring. A plethora of opportunities are provided to allow all students to develop and grow in confidence and self-esteem; those requiring extra help are identified and their needs addressed sensitively.
- Students are supported by the pastoral system, on site access to counselling and wide-ranging services supplied by the County Council. Staff are also able to access counselling services and Occupational Health service; Support services are well signposted. Senior Leaders are well aware of staff wellbeing and make efforts to ensure a work life balance.
- The school staff work closely with Parents and Carers who are kept well informed through a variety of means; they are invited to participate in learning walks, where they can see the school in action. The feedback from these walks is impressive and has had a positive impact on staff wellbeing.
- Well planned transition, positive discipline / behaviour management, flexible PSE and nurture arrangements all contribute to wellbeing of students and deserve to be mentioned here.

Substance Use and Misuse

- There is a substance misuse policy in place, developed in line with Welsh Government guidance (Circ. 107/2013). Also, a Student friendly policy developed by members of the school council. The policy is displayed on the school council notice board. There are clear links between the substance and safeguarding policies.
- Training is provided by the Police Liaison Officer, school nurse and 'Drugs Now' on Epi-pens, asthma, illegal substances, New Psychoactive Substances (NPS) and County Lines.
- Outside agencies such 'Choose Life' have been into the school sharing their bad experiences of substance misuse.
- There is a substance misuse link worker assigned to the school and the pastoral team is responsible for supporting students with substance misuse issues and students can be

referred to the Smoking cessation specialist.

- Stop Smoking (Help me Quit) information is displayed on the staff notice board. The school nurse provides a drop-in service twice a week and responds to questions from students on substance issues.
- Additional substances lessons have been delivered in response to the SHRN data analysis and subsequent action plan. Areas covered included smoking, alcohol and cannabis use.
- Curriculum lessons looked at breathing and circulation, focusing on the composition of cigarette smoke and the impact on health.

Environment

- The school has been awarded three Eco-Schools green flags.
- Student friendly policies and action plans are in place for ESDGC and Eco-Schools, linked to Article 24 of the UNCRC. In addition, the school promotes Fairtrade and is a Fair Achiever school.
- Students' work is displayed in all areas of the school, as well as an informative Eco-Schools board.
- The school has a range of recycling and energy saving initiatives and is currently building a greenhouse from plastic water bottles.
- The highlight of our tour around the school was the school's extensive woodland area known as The Dell. This beautiful space is used for learning across the school. Students and staff benefit from being able to enjoy the tranquillity of the area, as well as for the study of wildlife, pond dipping and a range of topics across the curriculum.

Safety

- There is a comprehensive array of up to date policies relating to health and safety (h&s) to cover all eventualities. All staff within the school community are aware of health and safety procedures, many are active participants particularly with First Aid and medicine safety. Parents and Carers are well informed through the website and several school publications (e.g. Prospectus).
- H&S regulations are displayed outside classrooms particularly the D&T rooms. Personal safety is paramount and is highlighted within the curriculum. Current issues are also addressed in assemblies and supported by outside agencies such as the Fire service, Police and Red Cross. Curriculum development involves consultation with experts and students.
- There are many opportunities for training, both whole staff and individual specific role related.
- Risk assessments are in place and are updated regularly.

Hygiene

- The school has an excellent hygiene policy, which clearly sets out hygiene procedures in accordance with the All Wales Infection Prevention and Control Guidelines.
- As well as completing the All Wales Infection Control Audit, the school has audited the delivery of hygiene across the curriculum.
- Parents are advised of exclusion periods for infectious diseases and the school nurse is readily available to offer advice to students and parents.

- The need for lunchbox hygiene and safety is highlighted to parents and students, who are advised to use an insulated lunchbox, with an ice pack.
- Staff have been trained in the use of epi-pens, students who may need to use an epi-pen carry one with them, in addition each student provides an extra epi-pen which is kept in the school office.
- Students are encouraged to bring water bottles into school, which can be re-filled from a water fountain, or by canteen staff. Care and cleanliness of water bottles is referred to in the hygiene policy.
- Hand washing posters are displayed in all the toilets.
- The school has a hygiene rating of 5.
- All minimum standards have been achieved.

Areas for further consideration

As the scheme continues to develop you might like to consider the following:

- Increase the number of fresh water outlets for students to access.
- Use eco-school members to consider developing the small 'quads' to provide pleasant quiet areas, outdoor seating and garden areas.
- Revitalise peer education.

Feedback to students

Our team of Healthy School Assessors recently visited Hawarden High School to observe what is being done by the school community to make your school a healthy place in which to learn, develop skills, build relationships and become fully equipped to lead healthy and fulfilling lives.

From the moment that we arrived, we could really see that health and wellbeing was fully embedded in the culture and ethos of your school. What we saw, the conversations we had and the things we experienced during our visit clearly evidenced just how positive and healthy it is to be part of the Hawarden High School community.

We would like to give a special thank you to everyone that we met during our visit, especially to the students, who so excellently showed us around, the members of the School Council who presented to us and everyone we spoke to, especially when we were lost in your many corridors. You all made our visit to your school very informative and interesting.

So much of what your school does is focussed on helping you maintain a healthy lifestyle with healthy relationships and respect for others; it is a safe and rewarding place for you to develop, thrive and achieve your best. Enjoy it!

We congratulate everyone connected with Hawarden High School on your school achieving the Welsh Network of Healthy School Schemes National Quality Award.

We wish you all a very happy and a very healthy future.

Linda Lewis