

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 Ysgol Betws yn Rhos, Abergele

Date

July 13<sup>th</sup>/14<sup>th</sup>, 2017

## Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Ysgol Betws yn Rhos has demonstrated meeting all the criteria of the National Quality Award. These criteria are set out against 7 health topics:

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

(For further information on the NQA criteria please visit <http://gov.wales/topics/health/improvement/schools/?lang=en>).

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
- Equity
- Links to other relevant national and local programme and policies.

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 Ysgol Betws yn Rhos seek to maintain and extend the excellent approach and embedding it even further in to school life.

Eurwen Hulmston

**Summary of Visit**

All staff at the school are working on the same message, namely that pupils receive a balanced and relevant education, where the health and welfare of the pupils is given due attention and that the care shown towards all the pupils is clearly visible in all school activities. The school mission statement "Succeeding Together", presents an exact vision of the aims and objectives of the school and pupils are aware of the significance of this in the everyday life of the school. The care and kindness of the pupils was evident from Nursery to Year 6 and also in the interaction of the school staff, with each other and with the whole school community.

Everyone on the staff, including the support staff, the Mudiad Ysgolion Meithrin (MYM) staff and the staff of the after-school care club work as a team, with the enthusiastic leadership of the Headteacher, who is also co-ordinator of the healthy schools scheme within the school. The support of the parents and the governors is very strong with an active PTA group who are very supportive of the school's work. Very good community resources are adjacent to the school grounds, with a community hall that is used during the day for the MYM group, the breakfast care club, for classes in the mornings and for many school activities that require a little more space than the main building can offer. The community sports facilities are also used regularly by the school and I'm sure it is rare to find a school of this size with such good sports facilities that are so flexible and convenient. The school's links with the Church in Wales is also strong.

The school website contains a great deal of information for parents and "Twitter" is used to share news and to remind parents about events. There is close contact with parents and there was the feeling, throughout the visit, that the school and its community support each other well. The feeling within the school is very homely and staff and pupils are part of one big family.

The school has been using the scheme "Cornerstones" as the base for their curriculum but, are presently adapting and evolving their planning to incorporate the "Building Blocks" scheme into their curriculum planning. Classes consist of mixed ages, because of the size of the school, but the school ensures flexibility by separating into two age classes at times.

The school is a very happy place with a great atmosphere. Although the school site is relatively small, there are quiet spaces, play areas with small adventure park, climbing wall, gardens with a "poly tunnel", and a wooded area. The garden area is full of places to stimulate pupils' imagination. The school building, though relatively small, is full of pupils' work, drawings, etc., and every corner is in use, but despite all this, is neat, clean and tidy.

Thank you very much to all the staff, across the whole school community, for all the hard work and for the warm welcome.

## **Highlights of the visit**

### **Food and Fitness**

#### **Food**

- Policy is based on the county policy and is adapted for the school. A pupil policy was discussed by the school council this year.
- Three members of staff are qualified with Food Safety Level 2.
- The pupils participate in the Cogurdd competition annually.
- The before and after-school care clubs follow Healthy Eating in Schools Regulations 2013.
- Cooking Club for pupils in Years 4 and 6.
- A courtesy reward has recently been established at lunchtime with the co-operation of the kitchen staff. All pupils are well organised in clearing their plates after lunch.
- School lunch numbers are fairly high – around 30% choose a packed lunch.
- The drinking water is encouraged with a cooled water machine and multi-use bottles available. The school washes the water bottles in a dishwasher.
- Firm rules / policy for playtime snacks - fruit and milk Foundation Phase; Key Stage 2 - fruit and water.
- Gardening club during the growing season and the vegetables and fruit grown in the gardens and the "poly tunnel" are cooked by the cook and eaten by the pupils at lunchtime.
- Very good work was seen in the BOB's (School Nutrition Action Group) with Year 5 pupils annually being part of this work. Other pupils get to taste the food prepared.
- Hygiene receives due attention in all activities pertaining to food and eating in the school.

#### **Fitness**

- Two hours of PE.
- A biennial Healthy Week is arranged by the school. The week includes a wide range of physical activities.
- The school takes part in local and Urdd sports competitions, with pleasing success.
- Extracurricular sports clubs throughout the year.
- Visits to outdoor education centres - Nant BH and Glan-llyn.
- Cycling Lessons for Year 6 annually.
- Playground Buddies help younger pupils and encourage busy playtime.
- Very good facilities are available to deliver various sports and to ensure sufficient space for pupils to have active playtimes.
- Strong links with the local sports association and a golf club. Community walks are also arranged.

### **Mental and Emotional Health and Wellbeing**

- One of the strengths of the school is definitely inclusion. All pupils, whatever their difficulties, have exactly the same opportunities.
- Circle time is presented in each class by a teacher who has been trained by Jenny Mosley. This ensures consistency and quality in the delivery.
- The STEPS scheme and SENSE is used with older pupils to deliver work on emotions

and relationships.

- All policies are current and it was good to see pupil policies on aspects such as bullying and equality.
- The school's merit award scheme is based on house points, star of the week and Welsh speaker of the week. Pupils receive their awards in a weekly praise service and show great pride in their award. With the youngest pupils, a toy in the form of star is given to the star of the week and the Welsh speaker has a toy dragon that is kept for a week.
- The Buddies are very caring towards the younger pupils and definitely enjoy the work.
- School council meets regularly and keeps detailed records.
- Interesting extracurricular clubs are available to the pupils throughout the year, changing every half term.
- Curriculum work, morning services and circle time, all support and develop this aspect.
- Childline visited the school about eighteen months ago to give a presentation to the pupils.
- Interesting work on transfer was seen, including transfers from year to year within the school.
- Staff room and kitchen are very comfortable and well equipped, especially given the size of the school.

#### Personal Development and Relationships

- Sex Education Policy complies with the latest requirements.
- The Growing Up scheme is established throughout the school. Sections of the DVD SENSE are used also with older pupils. The work in Key Stage 2 is presented by a dedicated staff member.
- Evaluations are completed by the older pupils following the lessons.
- Relevant work on relationships is delivered through the curricular themes and the work through STEPS.
- Visits by Childline and Hafan Cymru.

#### Substance Use and Misuse

- County policy which is current and includes smoking, electronic cigarettes, alcohol and legal and illegal substances.
- Regular visits to Danger Point.
- Visit by Don't Touch, Tell about eighteen months ago.
- Visitors, including doctors and nurses, have visited the Foundation Phase to support this aspect.
- Work in Key Stage 2 is delivered through the curricular themes and some cross-curricular work through literature.
- There were examples of good curricular work in pupils' books.

#### The Environment

- The school, last year, received the second green flag for the Eco-Schools scheme.
- School recycles regularly.
- The outside area is stimulating with a range of interesting areas available to pupils.
- Good curriculum work across the whole school age ranges supports this aspect.
- Gardening club and nature club are available for the pupils.

- Celebration of Fairtrade Fortnight.
- Bug hotel, which are very popular with pupils.
- Many fruits and vegetables are grown and production is very successful in the polytunnel.
- Letters to parents sent by email and texting. Twitter is also used to communicate with parents.
- Visitors and visits are organised to support this aspect.
- Work on saving energy and water with support from external specialists.
- Active eco-council.

#### Safety

- Many current policies are in place to support this aspect, including health and safety policies, sun safety policy, internet safety, etc.
- School site is secure.
- Parents have received a brochure on internet safety and an evening was held for parents on this aspect in October 2016.
- A member of staff is in the school yard in the morning to ensure that pupils are safe when reaching the site.
- Kerbcraft annually.
- Annual cycling and scooters instruction.
- Work on sun safety.
- Interesting visitors to support this aspect - RNLI, Fire Service, Ambulance Service, Childline, Hafan Cymru, etc.
- Internet safety is given due attention in school.

#### Hygiene

- Current hygiene policy in place.
- Three members of staff eligible with food hygiene certificates.
- Hygiene in the BOB's scheme was very good.
- Thematic curriculum work includes aspects of this e.g. work on microbes.
- Staff kitchen particularly clean with a dishwasher in situ.
- Water bottles for the pupils are washed in the dish washing machine.
- Guidelines on hand washing above the sinks in the pupil toilets.
- The correct washing of hands was presented to pupils by using a UV machine.
- After and pre-school care clubs follow recommendations with good hygiene procedures.
- "Ebugs" work has already been integrated into the school curriculum planning.

**Areas for further consideration**

- When you amend your curriculum plans, as you are preparing to do at present, insert an extra column so everyone knows where PSE fits in and whose responsibility it is to deliver which aspect of PSE.
- Placing a handwashing poster in the staff toilets, official or made by pupils.
- Improve disposal facilities in the toilets for older pupils and staff.
- Re-establish the sports ambassadors' scheme in school year next.
- Look at the Junior Road Safety Officers scheme, as another method of extending pupil participation.
- Look at ways of integrating running activities (Dal i Fynd, the Mile a Day or similar) into the school day.
- Expanding the information on your school website to include resources for parents, such as the new Infection Prevention and Control Guidance, school lunch menu, information about healthy packed lunch, etc.
- Creating a bereavement policy would be a good development and also writing a staff handbook, which could include the structure of the school day, the school's marking policy, your reward and praise scheme, etc.

**Feedback to pupils**

Dear pupils Ysgol Betws yn Rhos

Thank you very much for making our visit so enjoyable. It was great to get a chance to talk with so many of you and everyone was helpful and courteous.

Special thanks must be given to pupils who led us on our tour of the school. You certainly enjoyed this and we saw so many things that mattered to you as pupils. Thank you also to the pupils for the very good short sketches that you wrote and performed for us on aspects of being a healthy school. Well done you! Later in the morning we had a power point presentation designed and created by the older pupils, again highlighting the work of a healthy school. These clearly demonstrated to us that you understand what it means to have a healthy life. All the presentations assisted us in assessing your school for the National Quality Award.

The discussion session we had with the school council and eco-council was extremely interesting and your comments were all mature and very useful for us. It's great to see that all pupils can have a voice and this was made obvious to us through the work of the councils and the fact that you all believe strongly in the school's ethos of "Succeeding Together".

We had the opportunity to share lunch with you in the school hall and everyone was well behaved and the food was delicious. We also enjoyed the external environment of the school and it was great to talk to you about the garden, the "poly tunnel" and the various activities available.

It is always good to see that all pupils can have a voice and that you can discuss aspects that are important to you. Remember, you help make your school a great place - a place that is safe, happy, busy and where you can learn how to be healthy while growing up.

Keep up the good work and good luck for the future,  
Eurwen Hulmston



**Feedback to local Co-ordinator**