

Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru



Welsh Network of Healthy School Schemes
National Quality Award

Adroddiad Gwobr Ansawdd Genedlaethol
ar yr ymweliad ag

Ysgol Gynradd Edern

Dyddiad: 13eg Mawrth 2024

Cyflwyniad

Llongyfarchiadau ar eich llwyddiant i dderbyn y Wobr Ansawdd Genedlaethol Cynlluniau Ysgolion Iach - Rhwydwaith Cymru. Yr ydym yn falch iawn i gadarnhau bod Ysgol Edern yn cyfarfod â'r holl feini prawf ar gyfer y Wobr Ansawdd Genedlaethol. Mae'r meini prawf hyn wedi eu gosod allan yn erbyn 7 testun iechyd.

Mae ysgolion sydd yn llwyddo i dderbyn y Wobr Ansawdd Genedlaethol yn gweithredu mentrau sydd yn ymwneud â lles i'r safon uchaf. Yn yr adroddiad hwn yr ydym yn nodi cryfderau nodedig eich ysgol wrth i chi fynd ati i hyrwyddo lles pawb sydd yn ymwneud â'r ysgol. Mae'r adroddiad hefyd yn adnabod meysydd sydd angen ystyriaeth arnoch er mwyn datblygu ymhellach. Gobeithiwn bod yr adroddiad yn rhoi hwb i chi ac yn cynnig arweiniad defnyddiol fydd yn galluogi disgyblion a staff Ysgol Edern i barhau ac i ddatblygu rhai o'r mentrau rhagorol mae'r ysgol eisoes yn ei gweithredu fel eu bod hyd yn oed yn cael eu sefydlu ymhellach ym mywyd yr ysgol.

1. Bwyd a ffitrwydd (maeth a gweithgareddau corfforol)
2. Iechyd a lles Meddyliol ac Emosiynol gan gynnwys lles y staff
3. Datblygu personol a chydberthynas gan gynnwys addysg rhyw a pherthnasoedd
4. Defnyddio a chamddefnyddio sylweddau, gan gynnwys alcohol, ysmygu a chyffuriau (cyfreithiol, anghyfreithiol a phresgripsiwn)
5. Amgylchedd gan gynnwys eco-fentrau a gwelliannau i'r ysgol a'r amgylchedd ehangach
6. Diogelwch gan gynnwys agweddau amrywiol fel amddiffyn plant, diogelwch yr haul, diogelwch y rhyngwrwyd a chymorth cyntaf
7. Hylendid

Mae'r meini prawf yn cael eu cefnogi gan nifer o egwyddorion sylfaenol sef;

- Pwysigrwydd cyfranogiad y disgyblion yng nghraidd bywyd ysgol sydd yn effeithio ar les plant a phobl ifanc e.e. dysgu ac addysgu, amgylchedd, gofal bugeiliol
- Pwysigrwydd yr ymrwymiad a'r ddealltwriaeth sydd gan holl gymuned yr ysgol
- Bod agweddau iach tuag at iechyd yn bodoli
- Cyfiawnder Ecwiti

Wendy Ostler

Summary of the visit

The long term commitment to Healthy Schools is very evident in Ysgol Edern. Although the present acting Headteacher, Mr Ilan Williams, has only been in post since September 2023, Mrs Sian Hughes had been leading on healthy schools for 12 years with the school due to have their NQA assessment in 2020 which unfortunately the national lockdown prevented. The range of work undertaken is impressive considering that Ysgol Edern is a small village school with less than 80 pupils. The close relationship between the staff, pupils, parents and the school's community reflects years of work by staff to develop the confidence and skills of the children, to give them opportunities to express their views. to contribute to school development and also the recent efforts of staff and pupils to re-engage with the wider school community following the Covid pandemic. Examples of these efforts include: 'Platiad efo'r Plant', where every month senior citizens are invited to have a school meal with pupils, and Cawl a Chan, where children made leek and potato soup and invited community members to celebrate St David's Day with a concert and refreshments. Children have also engaged in community litter picks and recently left daffodils around the village with an open invitation for people to take them home. Young Farmers hold their meetings in the school hall free of charge, on the understanding that members will help the school with planting activities in the summer term.

In a small school, teamwork is crucial to ensure that every aspect of health and wellbeing is addressed with many members of staff supporting particular aspects e.g.: Mrs Lloyd leads on providing support to individual pupils through initiatives such as Elsa and Seasons for Growth and Mrs Tudor leads on Eco Schools. Under Mr Williams leadership, communication with parents and the community has really developed with the school regularly posting on Facebook and Instagram and parents having regular updates on their children's life in school through Seesaw. The parents we met particularly valued the introduction of Seesaw and said that it had prompted some interesting conversations with children.

The school has developed opportunities for pupils to play an active role in school life with groups such as: the school council, the Eco council, playground buddies and digital leaders, all given real responsibilities and consequently making valuable contributions to school development. Recently some yr 5 and 6 pupils attended Sports Ambassador training and I am sure they too will be supported to develop their skills and ideas. The school council members we met had a clear understanding of the democratic process, collecting ideas from their fellow pupils and reporting back to each class so every pupil feels represented.

Thank you for the welcome we had in the school and for organising a timetable which gave us a taste of your work to promote everyone's health and wellbeing and thank you too for the evidence that you sent prior to our visit – this helped to give us a flavour of the range of activities undertaken and the long term commitment to emotional and physical health and wellbeing.

Thank you to Sian for her tireless work, coordinating the scheme and gathering the evidence and to Ilan for his leadership and positive approach to continuing the good work already established and developing particular aspects such as the outdoor environment and IT. We have our fingers tightly crossed that your applications for grants are successful so that you can further develop the outdoor area.

Highlights of the visit

Mental and Emotional Health

This aspect is well established throughout the school and continues to be developed with the pupils' wellbeing and happiness central to everything the school does.

- Measures such as Circle Time, Golden Time, yoga sessions, outdoor learning and the way that staff greet children in the morning promote the wellbeing of every pupil. As well as this, strategies such as Elsa and Seasons for Growth ensure appropriate support is given to pupils with specific needs.
- Investing in pupil voice is an outstanding feature of Ysgol Edern with the school council, Digital Leaders, Playground Buddies, and the Eco School Council giving opportunities for pupils to develop confidence and shoulder real responsibilities in school. There is a structure in place for the school council to hear the views and ideas of their fellow pupils, which promotes an understanding of democracy and all the councils work well together in order to reach their targets.
- Staff develop pupils' skills to express opinions and solve problems through the Growth Mindset and Circle Time, and the Worry Monsters and 'Bocs Bwrw Bol' (worry box) give pupils an opportunity to ask for any support they need. Staff also develop pupil's skills by giving them opportunities to evaluate each other's work and express opinions on matters which affect them in school.

- Yoga sessions teach the pupils about self regulation and managing stress.
- Pupils have a good understanding of their rights as children.

Food and Fitness

Food

- Every pupil in school has a school lunch on most days (the only exception is that one child with severe allergies has a packed lunch on certain days)
- The school has provided every child with a water bottle and children are able to drink water throughout the day.
- Only fruit is allowed at playtime. The school used to run a fruit tuck shop but children now bring fruit from home.
- Children have opportunities to prepare and cook food e.g. leek and potato soup, smoothies and Welsh cakes, with Auntie Deborah and Auntie Astrid, the school cooks, kindly allowing their facilities to be used.
- The monthly sessions, where senior citizens are invited to enjoy a school meal with the children, focuses on the social aspect of eating together as well as encouraging healthy eating. This venture too relies on the willingness of Auntie Deborah and Auntie Astrid to prepare extra meals.

Fitness

- Every class has 2 PE lessons a week. Between September and Easter, one session is held in the Leisure centre in Pwllheli which gives children from reception up to year six the opportunity to participate in a range of activities such as: swimming, gymnastics, dancing, yoga, netball and football.
- Parents praised the school for regularly promoting holiday and after school activities, available in the community.
- The range of equipment and play facilities available really encourage active outdoor play. The playground buddies have responsibility for distributing and collecting play equipment and Sports Ambassadors have now been trained to lead games and sports activities. The nursery and reception class have a separate play area with bikes and a range of play equipment available. The school council has raised money for nets for the football goals.
- Parents are encouraged to get involved with activities such as the annual sponsored walk and sports day. Senior school pupils come to help run sports day activities.

- The school participates in the 'Roliwch a Stroliwch' (Walk and Bike to School) fortnight and staff meet the school bus in the centre of the village so that pupils who use the bus can also participate. Well over half the pupils participate and the fortnight is used to establish good habits which families are encouraged to keep up through the summer term.

Safety

- The school has participated in appropriate campaigns e.g. Road safety week, Sun Safety week and internet Safety campaigns. Children have recently designed posters to promote internet safety and these were displayed in school.
- Pupils participate in Kerbcraft and Cycling Proficiency.
- The school has engaged with Plas Menai and the RNLI to ensure pupils learn about water safety and pupils have swimming lessons from reception class right through to year 6. This reflects that the school has considered the specific needs of their community.

Personal development

- The policy has been reviewed to reflect the RSE code and the programme is largely delivered by Mrs Sian Hughes, the Healthy Schools Coordinator who has had additional training.
- The statutory elements are delivered using the SENSE resource.
- The parents we met were well informed about the programme and gave it their full support.
- Respectful relationships are an outstanding feature in the school: staff model respect, care and compassion for pupils, parents, each other and the wider community and this reflects in pupil to pupil relationships. We saw several instances of pupils modelling praising each other and standing back to allow quieter pupils to speak. The school regularly holds activities in family groups to enable younger and older pupils to work together.

Recommendations

- Although the SENSE dvd is shown we strongly recommend that you use the interactive resources in the support pack to give the children opportunities to use the vocabulary and discuss the changes in puberty, reproduction and the development of the baby in the uterus. This would help to ensure that children have really understood what they have been taught and help to normalise Relationships and Sex education.

- The school could be more proactive in promoting the NSPCC's Pants campaign resources to encourage parents to reinforce messages about appropriate and inappropriate touching.
- Also although there are some lovely books which depict different kinds of families and stories designed to help children deal with bereavement and loss in the Den Dawel, these are primarily for use with children requiring additional support. We would recommend that you consider getting a similar stock for the school library so that all children can have access to them.

Environment

- The school has an active Eco committee and they work with Mrs Tudor to develop annual plans to help to make the school more sustainable. This year the children made crowns instead of buying Christmas crackers and made Christmas decorations from natural materials. They have also been monitoring energy use and are planning to have an electricity free day next term.
- Stroliwch a Roliwch (Walk and Bike to School) fortnight encourages sustainable travel
- There is a Swap Shop in the foyer which encourages families to recycle school uniforms.
- The outdoor area provides opportunities for active play and outdoor learning. Parents have helped to build raised beds and children have grown potatoes.
- Children have helped to keep their local community tidy, collecting litter and weeding.
- The school provides a calm, welcoming, spacious, colourful learning environment.
- The school participates in Fairtrade Fortnight and children support Christian Aid campaigns which promote an understanding of the global community.

Recommendations

- We would encourage the Eco committee to aim for the first green flag award and to go for the bronze and silver awards as soon as possible.

Substances

- The school works with PC Rhiannon to ensure that children learn about the risks associated with: medicines, smoking, alcohol, vaping and illegal drugs.
- Children have designed no smoking posters which are displayed at the school entrance and the school has worked with visiting sports people and nurses, who have reinforced messages on the benefits of choosing not to smoke.
- Staff have training annually on: asthma, epilepsy and epi-pens and have completed First Aid training in the past 3 years.

Hygiene

- The children's toilets have been revamped recently and pupils had an input into the design. Handwashing guidance is displayed, hand dryers have been installed and sanitary towels are available in the girls toilets.
- Information on quarantine periods etc displayed in the staffroom so staff can advise parents.
- Children follow good practice regarding hygiene when participating in activities such as preparing food, visiting farms and picking up litter.
- The school provides all children with water bottles and bottles are rinsed at the end of the day by teachers and the catering team wash bottles every week in the dishwasher.

Recommendations

- The school could make more use of the E-Bug resource pack to ensure all relevant aspects of hygiene are taught.

Feedback for pupils

Thank you for the welcome you gave us in your school. Particular thanks to Nel, Doti, Gwilym and Aeron, the school council officers for telling us about the wonderful ideas you have put in place to help make the school a happy healthy place for everyone.

We really liked hearing about all the things you have done with the Buddies to make sure playtimes are happy for everyone and offer all children opportunities to be active. These include: buying more play equipment, raising money for football nets, the 'Cadair Cysurus' (friendship bench) and buying high vis jackets for the playground buddies.

Thank you too for showing us around your school and pointing out all the measures that ensure everyone can be safe, active and happy in school.

It was great to hear about the work of the buddies, the digital leaders and the newly trained Sports Ambassadors and to meet Anabelle, Ceri and Ani who spoke wonderfully about the work of the Eco Committee, to reduce waste, encourage energy saving, promote walking and cycling to school and promote the Reduce, Reuse, Recycle Message.

You are all making a really valuable contribution to Ysgol Edern and it was brilliant to hear how you listen to ideas from your fellow pupils and report back to your classes, so that all children feel that they know about your work.

Wendy and Helen

