

Kamala Dodd
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Healthy Schools Champions
Bessemer Grange Primary School



BGPS: A Gold Healthy School London

- A physically healthy school: improving air quality and road safety for all (Amy)
- A mentally healthy school: supporting vulnerable children with mental health or emotional wellbeing concerns (Kamala)
- Project ran from June 2017-July 2018

BGPS Clean Air Project

- Pupil voice and parental engagement were key
- Community partnerships and council support
- Monthly play streets to promote goal
- Surveys used to assess success
- Though missed target for end of project, it led to borough's first school streets



Celebrating success

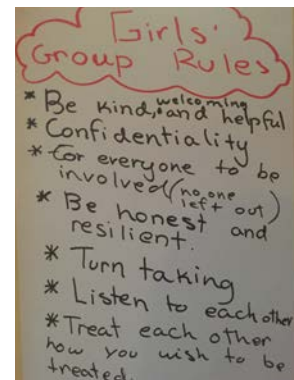


BGPS: A Gold Healthy School London

- Girl self-esteem project part of gold award (tied into champions targets from SHEU H&WB survey)
- The boys project fed into whole school agenda around safe routes to school, children being confident young Londoners as part of transition to secondary school

Girls group

- SHEU survey conducted in 2016 found only 21 % of girls in Y6 recorded having high self-esteem. A 10 % difference with boys.
- Bessemer piloted first Healthy Champs Project: A girl's group 'Being Me'.
- Carried out with 2 groups over 2 terms.
- Baselines were taken using the Leuven scale and the Denis Lawrence esteem scale.
- PSHE coordinator ran the group with another teacher.



Girls group results and next steps

WWW

- Larger group
- Mixed ages
- Pupil Voice
- Reflection sessions
- Follow up questions

	Leuven Scales		Level Improved	Self-Esteem Question		Level Improved
	Before Group	After Group		Before Group	After Group	
Girl 1	Level 3 - Wellbeing Level 3 - Involvement	Level 4 - Wellbeing Level 4 - Involvement	+2	3	4	+1
Girl 2	Level 2 - Wellbeing Level 3 - Involvement	Level 4 - Wellbeing Level 4 - Involvement	+3	2	3	+1
Girl 3	Level 2 - Wellbeing Level 3 - Involvement	Level 3 - Wellbeing Level 3 - Involvement	+3	2	3	+1
Girl 4	Level 2 - Wellbeing Level 2 - Involvement	Level 3 - Wellbeing Level 3 - Involvement	+2	3	3	0
Girl 5	Level 2 - Wellbeing Level 3 - Involvement	Level 4 - Wellbeing Level 3 - Involvement	+2	2	3	+1
Girl 6	Level 3 - Wellbeing Level 3 - Involvement	Level 4 - Wellbeing Level 4 - Involvement	+3	2	2	0
Girl 7	Level 3 - Wellbeing Level 3 - Involvement	Level 4 - Wellbeing Level 3 - Involvement	+1	2	2	0

EBI

- Y6 girls not suitable with younger children
- More support for SEND pupils
- More activities to support discussion
- Wider staff involvement and understanding

Boys group

- Group intended to improve self-esteem but with a focus on personal safety.
- This time, Freddy Vanson (PSHE Consultant) carried out the group for 6 weeks with a group of Year 6 boys.
- Self-esteem survey, Leuven scales, Denis Lawrence Esteem scale and teacher observations used to measure progress.
- Sessions focused on understanding social media, personal safety including knife crime and grooming, resilience and expressing and managing emotions, fake news.

Boys group results and next steps

WWW

- Small group where opinions and thoughts could be shared easily.
- Pupil voice
- Reflection sessions

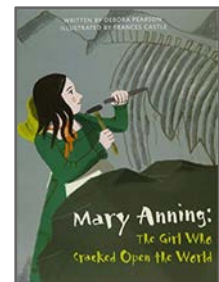
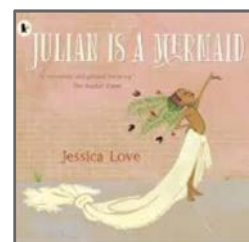
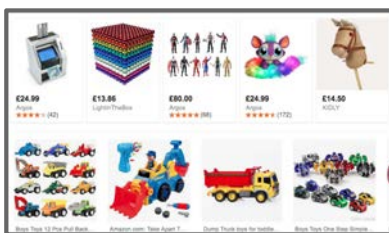
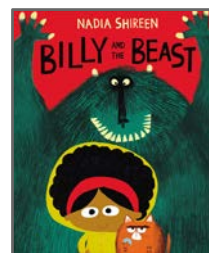
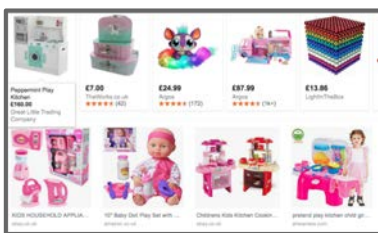
EBI

- Lots of evidence is anecdotal due to discussion based nature of the group.
- Reach was limited due to small numbers of children taking part.

	Leuven Scales		Level Improved
	Before Group	After Group	
Boy 1	Level 4 - Wellbeing	Level 4 - Wellbeing	+1
	Level 2 - Involvement	Level 3 - Involvement	
Boy 2	Level 3 - Wellbeing	Level 4 - Wellbeing	+3
	Level 3 - Involvement	Level 5 - Involvement	
Boy 3	Level 2 - Wellbeing	Level 4 - Wellbeing	+2
	Level 3 - Involvement	Level 3 - Involvement	
Boy 4	Level 2 - Wellbeing	Level 3 - Wellbeing	+2
	Level 3 - Involvement	Level 4 - Involvement	

	Self-Esteem Question		Level Improved
	Before Group	After Group	
	4	4	0
	3	4	+1
	3	4	0
	3	4	+1

What's Next: Gender Action Schools Award



Enabling health and wellbeing for all

Walking, running, scooting or cycling the school run is the perfect way to get active as a family without having to find any extra time either side of your busy day.

Not only will the kids arrive to school more awake and full of energy, you'll start your day the same way too, and exercising on the way home is a great way to wind down and reconnect as a family. [tp://www.thisgirlcan.co.uk/activities/school-](http://www.thisgirlcan.co.uk/activities/school-)



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