

Cwm Taf Morgannwg Healthy School Scheme

Record of National Quality Award (NQA) Reverification Visit

School:	Cefn Glas Infant School
Original date of the WNHSS National Quality Award:	March 2015
NQA Reverification date:	29 March 2023
Assessor:	Carys Thomas
School Representatives:	Mrs Carr Mrs Thornton Mrs Johns Pupil representatives

Outcome of Visit:

Cefn Glas Infant School has successfully completed the re-verification for the

Welsh Network of Healthy Schools National Quality Award

Summary of Visit

Cefn Glas Infants School is a caring, vibrant and welcoming community where all pupils and staff are valued equally. An inclusive ethos supports all pupils and adults well. Participation is encouraged to all pupils and the wider community to have access to every aspect of school life.

The whole school ethos is one of teamwork with the promotion of positive mental and emotional well-being for learners, families and staff well-being at the heart of everyday practice. There were a number of good news stories, which demonstrated the efforts the school has put in place to positively change healthy lifestyle behaviours for members of their community. In addition to this, it was impressive to hear the success of the 5k a day challenge undertaken by a member of staff who has become an inspiration to pupils and how this has led to the purchase of a defibrillator for the community and bike racks for the school to promote active travel.

The learner led tour of the school was excellent and promoted the messages of healthy living and how the school is achieving this. Pupil Voice is actively encouraged by all members of staff in order to develop genuine ownership of the school and school initiatives. Pupils take responsibility for improving their school very seriously and have a positive impact on the quality of the school life and the school grounds. They have roles to improve the outdoors, promote the use of Welsh and develop pupils' understanding of their rights. However, the highlight of the tour was the greeting at the door by the pupil representatives in sign language. It is clear to see that Cefn Glas Infants is such a welcoming school.

Excellent relationships with parents and carers allow the wider community to be involved in and contribute to the life of the school, for example through volunteers developing the outdoors, the FAZ programme and questionnaires. Results of parental surveys shows how highly they think of the school, which is a testament to all the staff. As a result of these efforts to engage with and develop positive relationships, parents and carers are supportive, well informed and understand the importance of health and well-being for themselves and their children. In addition to this, the school's active Twitter feeds allow the wider community to be kept informed and share the success of initiatives undertaken by the school and the excellent achievements they've received.

The re-verification process demonstrates that Cefn Glas Infant School has continued to sustain the ethos of the Healthy School Scheme since achieving the National Quality Award in 2015. This has been achieved by the In School Coordinator with the support from everyone who is connected with and / or involved in, the creation of this healthy school - Well done to all!

Highlights of the visit

We would like to thank all the staff and pupils we met during our visit who gave their time so generously to talk to us. There were so many highlights from the Re-accreditation visit to the school that this report can only attempt to summarise those areas.

Food and Fitness

- Consistent messages are seen at the FAZ (Family Active Zone) weekly after school club with families. Drinking water is encouraged, healthy food activities undertaken and lots of active play and fun!
- Healthy Eating Week each term
- Real PE scheme of work for PE in use
- Physical activity is promoted through WOW initiative and all staff are involved
- Healthy Selfie initiative promotes healthy behaviours to families
- Opportunities for healthy practical cookery lessons
- Staff act as role models by eating fruit, using the hydration station and celebrating their own physical activity achievements
- Bike racks have been purchased to encourage active travel to and from school

Mental and Emotional Health and Well-being

- Pupil policies displayed with QR codes so that pupils can read them or choose to listen to them
- Well-being survey issued for pupils every term
- ELSA, Lego Therapy offered throughout the school and Thrive available with LA
- Early Help referrals made as and when needed
- Children's rights are promoted throughout the school and to families via the Rights Respecting School Award and the Super Ambassadors alongside the Rainbow Rights teddy and diaries that go home with chosen pupils
- Staff wellbeing survey undertaken

- There is a whole School rewards system linked to house points so everyone is working together as a team. Other rewards are dojo points, seren yr wythnos, siaradwr y wythnos and the always child
- Participation in the Whole School Approach to Emotional and Mental Well-being pilot involved engagement with the relevant stakeholders to complete the self-evaluation toolkit and the subsequent links with the CAMHS Shine team
- Morning check ins were seen for all classes to ensure that if there are worries or concerns they can be dealt with before the learner goes into class, this ensures that everyone can start their day with a positive attitude
- Staff well-being is looked after and promoted and many times the staff team were referred to as an extended family. The team ethos was evident and there were many examples of staff wellbeing initiatives led by the 'Trio' such as the Trio Tree and the memory jar

Personal Development and Relationships

- Mandatory elements from the RSE Code are planned for each term in classes ensuring that pupils are involved in age appropriate activities
- The school has staff that are members of various networks to further develop RSE for their cluster and their school
- It was wonderful to hear the pupils sing the 'Boundaries song' and observe the actions that they have come up with the educate around personal space, touch and consent
- The NSPCC PANTS resource is used and is also shared with parents

Substance Use and Misuse

- Compliant with minimum standards and legislation
- Correct signage is on display at the school gates and school buildings
- The School has been part of the Smoke free School Gates initiative

Safety

- Participation in Internet Safety Day

- Whole school approach to reporting concerns via My Concern
- Walkie talkies issued to all staff for fast and effective communication across the school
- Code word for incidents to be used by staff across the school
- Support from outside agencies compliment the curriculum well. Examples include Lifeguards and the RNLI and the Fire Service
- Road safety is encouraged around the school with initiatives such as Kerb Craft and cones placed on the zig zags to discourage parking near the school entrance.
- Sun safety is addressed and there are shelters available for outdoor provision

Environment

- Discussions with the pupils proved very valuable and demonstrated a sound and knowledgeable understanding of the principles of saving electricity, caring of the environment and recycling.
- Platinum Eco Schools award has been achieved
- Local places for Nature Project and the Bubbles for Blooms Project has enabled improvements to be made to the school grounds to ensure that areas are aesthetically pleasing and welcoming but also providing pupils with areas of the grounds to develop and look after
- Pupils spoke of how they sow, grow, harvest, cook and eat vegetables grown in their own school garden
- Parent volunteers are encouraged to assist in developing the school grounds. It is evident that the whole school community have worked together for the benefit of the school
- Local places for nature – to develop the school grounds. Raised beds, Greenhouse, shed and equipment, benches
- Links with Keep Wales Tidy
- Recyclable materials are donated by a member of the community. It will be exciting to hear how the community award will be further developed.

Hygiene

- Consistent messages are provided and opportunities for handwashing with soap and water at a sink are encouraged
- The glitter bug is used on rotation for all classes which encourages the correct hand washing technique
- Four members of staff are trained in level 2 Food Safety which shows due diligence for food hygiene and practical cookery activities
- Snuffle station and posters such as catch it, bin it, kill it bin were in operation during the pandemic

- Home packs to emphasise the importance of tooth brushing have been sent home in the absence of Designed to Smile. Oral hygiene messages have also been delivered in the curriculum
- The correct recommended time to keep individuals away from settings is on display in main office to ensure the correct advice is issued when absences are phoned in

Areas for further consideration

- Utilise the e-Bug website for lessons around respiratory hygiene, hand hygiene, farm hygiene, food hygiene and oral hygiene
- Continue with plans to re-establish contact with the PCSO. Consider using the lesson plans available on the school beat website for lessons around household products, medicines, berries and mushrooms etc.
- Undertake the Infection Prevention and Control Audit Tool