

# Healthy Schools London (HSL) Gold Award at Beit Shvidler Primary School

Mr Eliezer Segal, PE Leader



# Background: Barnet

- ▶ Amongst 4–5 year olds, 10.2% are obese; 23.2% are overweight/ obese.
- ▶ Amongst 10–11 year olds, 18.5% are obese; 33.5% are overweight/ obese.
- ▶ 53% of children are partaking in 3 hours of physical activity each week, just below the national average of 55%.

Source: 2014 Barnet Child Health Profile

# Background:

## Beit Shvidler Primary School

- ▶ BSPS is a one form entry faith school.
- ▶ There is a dedicated PE leader who teaches PE and coordinates extracurricular clubs and the school is part of the Barnet Partnership 4 School Sport.
- ▶ Every child receives at least two hours PE curriculum time.
- ▶ Attendance at extracurricular sports clubs has risen dramatically from 16% of pupils in 2013–14 to 92% of pupils in 2015–16.

# Key initiatives for HSL Gold

- ▶ Active Travel
- ▶ Enhancing Physical Literacy
- ▶ Change4Life



# Active Travel

- ▶ Revised travel plan (TFL Stars)
- ▶ Appointment of Junior Travel Ambassadors
- ▶ Promotion of walking and cycling to school eg.
  - Year 5 “Walk Across the World” in Geography with a pedometer
  - orienteering on school trips
  - “Be Bright, Be Seen” day on the shortest day of the year (staff and pupils in luminous clothes!)

# Active Travel

The “Pink Ladies” strut their stuff at our Be Bright Be Seen Day !



Impact /  
sustainability:

↑52% pupils walking  
to school

↑12% pupils cycling  
to school

# Enhancing Physical Literacy

- ▶ Chose a Year 1 focus.
- ▶ Conducted a physical literacy audit.
- ▶ PE Premium used to purchase a wider range of resources for breaks.
- ▶ Made role play areas to encourage movement and exercise e.g. “bug hotel” and stage for dancing on.
- ▶ Flash card words and pictures in each area.
- ▶ CPD training.

# Enhancing Physical Literacy

Children in the mud kitchen



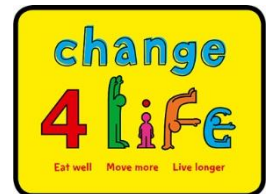
Impact/ sustainability:

- ↑ Staff confidence
- 😊 Environment
- ↑ Parental engagement



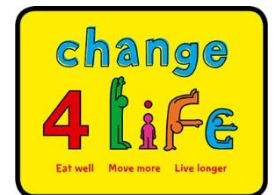
# Change4Life

- ▶ 16 children hand-picked.
- ▶ Included a range of children.
- ▶ Weekly Change4Life club run by teacher and Bronze Ambassadors (Year 6 pupils).



# Change4Life

- ▶ Wide range of activities.
- ▶ As children progressed, opportunities for independence and control.
- ▶ Removal of stigma.
- ▶ Lots of celebration of children's achievements.



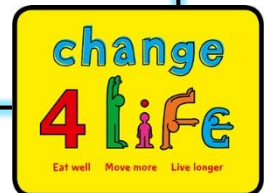
# Change4Life

Change4Life festival



Impact/ sustainability:

- ↑ enthusiasm for physical activity.
- 8 children: sports competitions.
- 4 children: representing Barnet for Boccia in School Games.
- All: extracurricular sports.
- Improved family habits.



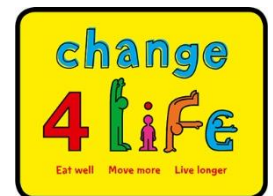
# Change4Life

*“My son was a less active child. The school’s Change4Life club used multi-sport themes; the inspiration of the Olympic and Paralympic Games; and responded to what children want.*

*Change4Life helped my son to develop a real sense of belonging and therefore put even more effort into his learning as well as any sporting activities which he found very hard to do before.*

*The programme also allowed my son – together with the support of the school and my husband – to establish a habit of regular participation and practice. We are very excited to ensure that we build on the changes that we have made to our diet and level of activity, that we continue!”*

Year 6 Parent



# So why do HSL?



- ✓ Complements school self-evaluation.
- ✓ New initiatives / new school enrichments.
- ✓ Pupil and parental health and wellbeing.
- ✓ Pupil engagement in sport and healthy living.
- ✓ Staff confidence in supporting healthy living.
- ✓ Recognition for the school.