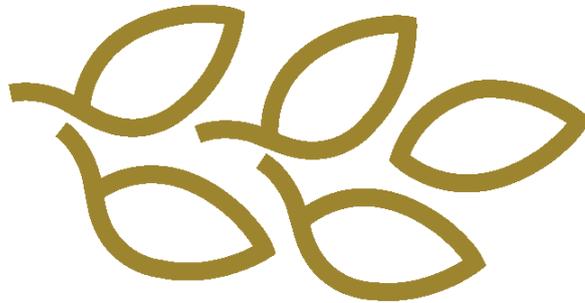


**Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru**



**Welsh Network of Healthy School Schemes
National Quality Award**

**National Quality Award Report
of the visit to Ysgol Abercaseg**

Date 7th and 8th July 2016

Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Ysgol Abercaseg 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
- Equality
- 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 Abercaseg seek to maintain and extend the excellent approach and embedding it even further in to school life.

LYNN EDWARDS

Summary of Visit

Ysgol Abercaseg school is a school where health, wellbeing and safety of the pupils are at its core and health promotion is strongly embedded in all aspects of school life. The senior management team shows strong leadership with total co-operation and support of the staff.

Pupil participation is very strong in the school. There is a pupil participation file in every classroom, with participation tasks contributing in the long run to the School Development Plan. The school has an elected group of pupils, Sgwad Syniadau, that participate fully in the life of the school. They were involved in the process of appointing new members of staff and responsible for choosing the topics to be included in the weekly discussion programme to persuade families to talk to each other. They chose the best methods to promote attendance through a Best Attendance Cup and have created a video on 'how to wash your hands' and presented it in assembly and in front of the board of governors. The school also has Bydis Buarth, where every pupil in Year 2 is given the opportunity to look after their peers at playtime and a group called Dreigiau Caseg, where pupils promote speaking Welsh in school.

The school environment is good, with pleasant outside areas, excellent gardens and a sun canopy outside the classes of pupils under age 5 and on the school yard. The playground itself is well marked for games and sports and is repainted every year.

The reception area is welcoming and safe with strong safeguarding procedures. The car park and the school entrance is structured in such a way to ensure that cars and pupils do not use the same entrance. There are exhibitions of the pupils' work displayed throughout the school. There are displays shown that reflect healthy schools topics, such as the Designed to Smile poster in the corridor that persuades pupils to look after their teeth and the large hand that displays the school rules.

Email and texts are used by the school to contact parents. The school prospectus is complete with clear information for parents on the organisation and rules governing the school. There is a good relationship and co-operation between the school and the local community. The parents received information on internet safety in an after-school session that received a good response and was very well attended. The parents receive a presentation of the pupils work at the end of the year and parents are given the opportunity to raise any issues. This enables the teacher in Year 2 to include 'Inappropriate and Appropriate Touching' as being part of the natural education of the pupil.

The school uses outside agencies and visitors to strengthen the work that have been presented by the staff and there are numerous examples of school visits to relevant locations. Ysgol Abercaseg is a happy welcoming school, with respectful and friendly pupils. The welcome we received from the pupils and staff was delightful, with every pupil willing to share their views and have a conversation.

Highlights of the visit

The lunch time provision; the food that is served and the whole dining experience is excellent. The school gives the parents clear guidance on what constitutes a healthy lunchbox through a presentation to parents from the Designed to Smile co-ordinator and through leaflets home on 'making your lunchbox healthy'. The guidance on lunch boxes in the School Handbook is good and detailed. The pupils are allowed to drink fresh, clean water at any time, with parents responsible for cleaning the water bottles.

The school has been part of the Designed to Smile scheme since 2009 and every class gives pupils the opportunity to brush their teeth every day. They have received the Designed to Smile Gold Award. The school has been assessed by the Food Standards Agency for Food Hygiene and have received a score of 5 for their kitchen. There are posters on 'how to wash your hands' by every sink in the school, toilets and staff toilets. There is also a timetable for cleaning equipment in the classroom.

The policy for the Use and Misuse of Substances contains the latest regulations on e-cigarettes. The school building and environment is a designated no smoking area and there are no smoking signs and posters about the use of e-cigarettes to be found in the school reception area. The pupils receive lessons from PC Meirion and the school uses the schoolbeat.org website to complement these sessions. The school nurse visits the school to talk about personal safety and presents lessons on washing hands and the effects of sugar on teeth. The school believes and accepts that breastfeeding is normal and acceptable.

The school is located within a housing estate and the school ensures that pupils are taught good road safety, through Kerbcraft training. Circle time is timetabled in all classes. We saw an excellent example of the organisation of circle time from the Year 1 teacher.

The award system in school is very effective and the whole staff has received training on a scheme that praises good behaviour. The staff received training on the resource 'Growing Up' in collaboration with Penbryn School and Spectrum training following the Year 2 pupils receiving two lessons on raising awareness on stereotyping and recognising emotions and support. There is a strong and clear connection between the Sex and Relationship policy and the safeguarding policy and all members of staff have received safeguarding training. There is a good system in place for registering sickness or injuries in school, with two classroom assistants having First Aid certification.

The school have received Eco-Schools Green Flag, Green School Gold Award, Wildlife Garden Silver award and a Fairtrade accreditation. The school has many examples of supporting the environment and re-cycling is well organised in all classes. There have been many examples of environmental work in the community, including designing a poster on dog waste that can be seen displayed in the town of Bethesda and the school undertook a litter pick in the area during the Keep Wales Tidy week. The group Bysedd Gwyrdd lead the way in environmental issues and monitor the use of lights in school regularly.

The classroom assistants have received training in playground games and at the request of the pupils have trained Bydis Buarth. There is a timetable of activities every play time, which is led by adults and Year 2 pupils and the use of the break and dinner times for playground activities is an example of good practice in Gwynedd. The pupils run around the school yard and receive

certificates for running for 5, 10 and 15 minutes. There are a number of after school clubs that include Dreigiau Bach in the summer term, Art Club, Drama Club, Cooking Club etc and pupils attend a series of swimming lessons.

Areas for further consideration

- Maintain current practice

Feedback to pupils

Dear Ysgol Abercaseg pupils

Thank you very much for making our visit so pleasant. It was excellent getting the opportunity to speak with so many of you and everyone one of you were kind and courteous.

I must give a special mention to the Sgwad Syniadau pupils. It was clear talking to you that you are very proud of your school and were happy to share your knowledge. Every one of you was ready to answer our questions. We were treated to a fabulous presentation in the hall and I must congratulate everyone involved in the production. I thoroughly enjoyed the animated film on explaining the eatwell plate. It certainly helped when I had to make a decision on whether the school was worthy of receiving the National Quality Award.

It is good to see that every pupil enjoying playtimes and the work of the Bydis Buarth, Y Dreigiau Caseg and the Grwp Bysedd Gwyrdd is excellent. I liked the idea of monitoring the lighting in the school and the possibility of receiving the red card if the lights are still on in the classroom when not in use. The garden shows evidence of hours of hard work and it is heartening to see pupils so supportive of the environment. You are making the school a happy and safe place.

Finally, we had an opportunity to eat lunch with you in the school hall and everyone behaved well and respectfully and the meal and the company was fantastic.

Keep up your good work and good luck for the future.

Best wishes

Lynn Edwards

Feedback to local Co-ordinator

